

Hi Middle School Cross Country runners and parents,

It is finally August and Cross Country will be starting soon. This year we will have two coaching assistants, Aaron O'Leary, who helped us last year and ran at Wartburg and coached at Waterloo West. Our new assistant, Mandy Ives, is married to Coach Ives, the Dowling boys high school Cross Country and Track coach as well as a mother to four children. Both coaches bring a lot of running knowledge and experience.

Personally, I have experience coaching Cross Country and Track at both the high school and middle school levels. I also ran in college for four years at Mankato State University. My three children, Karissa, Ryan, and Kelsey, all started running at the middle school level and have continued to run in college as well as professionally. Our family has a unique love of running that started with a Grandpa that ran in college and coached at Dowling for 40+ years.

The team is looking forward to a new group of runners and our 8th graders are ready to take on more of a leadership role on this team. It is going to be a great year despite unfortunate circumstances due to COVID-19 but we hope to provide a safe and fun environment. Our program is made up of runners from all of the parochial schools as well as the Bergman Academy. We compete against other schools in the area such as Urbandale, Johnston, Valley, Waukee, ect. We have six to seven meets which typically start at 4:00 and are done by 5:15 on a Tuesday or Thursday evenings. **See attachment for the 2020 MS Cross Country meet schedule.**

We practice 5 days a week at Dowling from 4:00 to 5:15 pm. If you are in another sport you do not need to attend everyday. We just need to communicate to make it work. Cross Country is a great sport that conditions you for other sports and provides another great opportunity to meet new kids that will likely attend Dowling.

Please forward this email to anyone you know that might be interested.

So when do we start? Our first official practice is **Monday, August 24th** at Dowling from 4:00 to 5:15 pm. **But you can get a head start by joining us for a fun 5 day camp starting on August 11th.**

How to Register for our camp? The camp dates are Tuesday, August 11, Thursday, August 13, Tuesday, August 18, Wednesday, August 19, and Thursday August 20. We will meet at Dowling by the softball bridge from 7:45 to 9:00 am. In camp you will be running different workouts and learning about nutrition, sleep, proper shoes, injury prevention, while having fun and getting to know your future teammates. The camp will end with a fun activity each day. If you know of

someone who wants to do the camp please forward this information. (Any 7th or 8th grader can attend)

To register for Camp go to the Dowling website: dowlingcatholic.org (Go to athletics, click on Camps and Clinics and then click on Middle School XC Camp) The camp is optional. If you can't do all the days but want to do some days please let me know.

You will need to bring a mask and water bottle.

If you can not do the camp please have your child start running on their own or join them for a little family exercise. They should be running 1 to 2 miles every other day. Please let me know if you have any questions.

Please use this form site to sign up for the Dowling Middle School Cross Country team. This is **NOT** the form to sign up for camp. Thank you!

<https://forms.gle/6YfUCc16Pf4h2vXy5>

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Dowling Catholic 2020-2021 Cross Country : Middle School Schedule (as of 08-04-2020)

Activity	Time	Versus	Location	Location Detail
TUESDAY, SEP 08, 2020				
Cross Country: Boys Middle School Invitational	4:00pm	Johnston	Camp Dodge	
Cross Country: Girls Middle School Invitational	4:00pm	Johnston	Camp Dodge	
THURSDAY, SEP 10, 2020				
Cross Country: Boys Middle School Invitational	4:00pm	Marshalltown	Marshalltown Community College	
Cross Country: Girls Middle School Invitational	4:00pm	Away vs. Marshalltown, Ames, Ankeny High School, BCLUW, Cedar Falls, Dowling Catholic, Dubuque Hempstead, Dubuque Senior, East Marshall, Fort Dodge, GMG, Des Moines Hoover, Iowa City West, Iowa Falls-Alden, Norwalk, Pleasant Valley, Des Moines Roosevelt, South Tama, Southeast Polk, Urbandale, Waukee, WDM Valley	Marshalltown Community College	
TUESDAY, SEP 15, 2020				
Cross Country: Boys Middle School Invitational	4:00pm	Indian Hills Junior High	Valley Stadium	
Cross Country: Girls Middle School Invitational	4:00pm	Indian Hills Junior High	Valley Stadium	
THURSDAY, SEP 17, 2020				
Cross Country: Boys Middle School Invitational	4:00pm	Indianola	Indianola MS / Little League Complex	
Cross Country: Girls Middle School Invitational	4:00pm	Indianola	Indianola Middle School	
MONDAY, SEP 28, 2020				
Cross Country: Girls Middle School Invitational	4:00pm	Ames Middle School	Ames Middle School	
Cross Country: Boys Middle School Invitational	4:00pm	Ames Middle School	Ames Middle School	
MONDAY, OCT 05, 2020				
Cross Country: Boys Middle School Invitational	4:15pm	Norwalk	McAninch Sports Complex	
Cross Country: Girls Middle School Invitational	4:15pm	Norwalk	McAninch Sports Complex	
TUESDAY, OCT 13, 2020				
Cross Country: Boys Middle School Invitational	4:00pm	Southeast Polk Junior High	Southeast Polk High School	
Cross Country: Girls Middle School Invitational	4:00pm	Southeast Polk Junior High	Southeast Polk High School	