



LIVERMORE HIGH SCHOOL

To incoming Students:

May 10, 2019

My name is Eddie Salazar. I am the head cross country and assistant track coach at Livermore High School. I am writing here to try and interest you in running for LHS in your upcoming school years. Cross country is an athletic sport that is as challenging, maybe even more challenging than the more popular ball sports. It is certainly basic to football, basketball, or soccer, since one must run in each of those sports.

For any physical or academic challenge self-discipline, determination, and commitment are so necessary. I think cross country helps you develop and use those traits, so that you have the best chance for meeting those challenges. In addition, the sport encourages you to set new and higher goals and provides you with the skill to also meet those new goals.

By participating in cross country, you will encounter and become friends with other new students. In addition, you will become teammates with older team members. All of these encounters will help make your adjustment to high school so much easier and more enjoyable. However, you have to join the team in order to experience these things. I do not have try-outs, if you participate in our practices on a consistent basis, you can compete for LHS cross country. And if you continue to improve as a runner, the opportunity to earn a varsity letter will come sooner than you think.

I will introduce you to running, and develop you as a runner, in a way that allows you to adjust to the activity gradually. You will notice and feel the progress in your running, as time goes by. It will just get easier to run distances that before seemed really too far to do. It just starts with a little dedication and patience.

As you spend more time in the sport, you will become aware of the successes of both previous teams and individuals. Also, you will learn the names of many runs and routes we take during the training. There are many funny stories about days on those runs and routes. Believe me, LHS cross country has a successful and interesting history to it.

Finally, in order to prepare for the cross country season in the fall, you can join a summer running club. It is available to any high school student, even if he or she doesn't intend to participate in the upcoming cross country season. The club's name is the Livermore Running Club (LRC). The LRC will begin on June 24th. We will get together at Independence Park (Kellman Fields), 5:00 PM. There will be more information on the Livermore High athletic page and the cross country team's link. Also, you can email me, salazx5@att.net.

Thanks for your attention.