

Dover Cross Country

"Cross-country running is a sport in which teams of runners compete to complete a course over open or rough terrain faster than other teams. It differs from road running or track running principally in the course, which may include grass, mud, woodlands, and water, and in its scoring system. Teams are typically composed of between four and twelve runners. It is a popular participatory sport, and usually takes place in temperate regions during the autumn and winter when soft conditions underfoot prevail."

-Wikipedia

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

-Steve Prefontaine

Welcome to the 2011 Dover Cross Country Team! **GO EAGLES!** We look forward to training and racing with you this season, helping you achieve your goals, and seeing our team have great success! We're very excited about this season, and we need every one of you to make this a great team...everyone counts! This season we will have many races over the course of 2 months. The official start to our season will be in the middle of August, but all through the summer there will be optional practice runs on Tuesday and Thursday evenings (7-8:30) at the high school. These summer runs are a great way to get to know your teammates and be in awesome shape for the start of the season. Even if you can't make summer runs with the team, you are strongly encouraged to run at least 20-30 minutes a day, 4 days a week. The more people we have out for the team, the more fun and more successful we will be! If you know of anyone that might like to join, bring them along to a summer run. They can get the paperwork from one of the coaches. They can also go to www.DoverXC.com at any time to contact the coaches through e-mail.

See you this summer,
Sr High Coach - Coach Pfeiger – coachpfeiger@doverxc.com
Junior High Coach - Coach D – coachd@doverxc.com

Important Dates:

Tuesday June 14th	Summer Kickoff Picnic 5-7:30pm Pinchot York Side (Bring desert, salad or salty snack)
Thursday June 16th	First Day of Optional Summer Practice (every Tuesday and Thursday 7-8:30pm at the High School)
Date TBD - Check Facebook or www.doverxc.com for updates. (Mid July – Early August)	Cross Country Camp (Must have 1 year of XC or Track experience)
August 1 st at the High School	Physicals (A-L) \$20 per student
August 8 th at the High School	Physicals (M-Z) \$20 per student
August 15 th	First Official Day of Practice – 8 to 11 at the High School
August 23 rd	First high school meet (check web site for any changes)
September 7 th	First junior high meet (check web site for any changes)

Additional Information:

- ✓ Coach Pfeiger maintains an excellent website for Dover Cross Country at www.DoverXC.com Please visit for more details related to Dover XC.
- ✓ Join the DoverXC group on Facebook and invite others to join, www.facebook.com/group.php?gid=75313493357
- ✓ Flying Feet is a great place to buy new shoes for the cross country season. If you tell them that you are running Cross Country for Dover, you will get 10% off!