

Program: Sammamish Cross Country

Program Contacts

Coaches:

Phone:

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A Welcome from the Coach:

Running is developmental in nature - athletes will be continuously building their cardiovascular and strength base throughout the season. Athletes will be rewarded with corresponding race day improvement. As coaches, our goal is to help each athlete reach their competitive potential. We recognize athletes come into the sport with varying levels of conditioning and ability. Our focus is to challenge each athlete to show continual improvement in the safest, most sustainable way. We want to see athletes have success over their entire high school career (and beyond!) Training is designed to keep you healthy throughout the season. As coaches, we put a great deal of thought into the training program, so please ask us if you have questions about why we do the workouts we do - but keep an open mind and have fun trying new things!

Practice Schedule:

Each athlete is expected to attend all primary practice sessions Monday through Friday.

Unexcused missed practices may result in sitting out the next meet, at the coach's discretion.

Lettering Policy

To earn a Varsity Letter, athletes must compete at a weekend invitational or a post-season meet.

How can parents help?

Contact Coach Brie to sign up for a meet to provide snacks/beverages or to volunteer at our Home meets.