



WELCOME TO CROSS COUNTRY KNIGHTS



We had a great first day! We are Coach Mike and Coach Justine and we are so excited to be coaching Cross Country for the 2026 season at Newcastle. Coach Mike has been involved in various roles with Newcastle's athletic teams for the last several years and is currently also coaching in the girls basketball program at Newcastle. Coach Justine grew up participating in club swim, track, cross country, and rowing. She recently reignited her love for running and ran her first half marathon in June.

How can you support your runner?

- Hydration starts days before, not just during a workout. If you feel your child needs something more than water, we suggest Liquid IV (offers more electrolytes and vitamins than sports drinks).
- Encourage them to stay active on the weekends—a family hike or bike ride is perfect!
- A small snack makes a big difference. Sending a piece of fruit or granola bar with them for after morning runs can be helpful for hungry young athletes. Likewise, something like an applesauce pouch before afternoon runs can supply essential pre-run calories while still being easy on the stomach.
- In addition to any stretching we will be doing in practice, we encourage your student athlete to start a habit of stretching each morning or night on their own!

Season Schedule

We do not expect runners to be at every practice. We are offering many practice options this season to accommodate busy schedules.

Mondays: 1:45–2:45 p.m. —
Upper Campus Track/Blacktop

Tuesdays and Wednesdays: 7:15–
7:45 a.m. — Kentucky Greens
Way

Thursdays: 2:45–4:00 p.m. —
Lower Campus Field and Natural
Trail (When meets start on 10/1
we will drop this practice time.)