

Coronado Cross Country Information 2023

Hello X/C Runners & Parents:

My name is Mark Tondryk; I am the Head Cross Country Coach for both the boys and girls teams. David Padilla will be coaching the team as well; his 20 plus years of coaching experience is a welcome addition. I am sending out an update on what to expect this year. In 2022, both the boys and girls teams were very successful. The girls' team took 1st in the region in which they have won 9 of the past 13 seasons. In the state meet, the girls placed 4th overall in the state meet. We are looking to compete for the state title again this year. The boys placed 4th in the Region and 9th at State. They have been to the state meet 15 out of the past 17 seasons. We lost a lot of valuable seniors but hope to find some runners to step up and fill those spots. I am also a Nationally Certified Athletic Trainer and have worked with athletes on professional, college, and high school levels. I have a B.S. in exercise physiology and sports medicine. With my background I can hopefully prevent overuse injuries and also help to treat injuries that may occur during the year.

Cross Country intramurals will begin July 10th at 7:00PM @ Paseoverde Park. It is located near the valle verde and paseo verde cross section. We will practice Monday thru Thursday each week until practice officially begins on Saturday August 5th, with a time trial at Sonata Park. We may switch some of the practice dates around until the official season starts. The tryout for the team consists of a time trial run on August 6th; you must be in attendance and run at a certain time in order to make a roster spot. Please check the website to stay up to date on Cross Country information:

http://tondryk.com/tondryk/Cougar_Cross_Country.html

Please make sure you notify me if you need to miss a practice. Parents feel free to join us during the pre-season runs. Times, days, and locations are subject to change due to the heat and any other unforeseen problems. If you will be out of town please contact me in advance. No one is to run in any road races once the season starts, which is from August 5th-November 4th. My phone number and email are:

School 799-6800 Email tondrms@nv.ccsd.net

I plan to continue the success of the program, a lot of our success will depend on your level of commitment to the sport. In order to have a successful season summer running is a **MUST** and it is a good chance for me to view your level of fitness as well as commitment to the team and yourself. It will also give me an opportunity to see who will step up and be the team leaders. As of **August 5th all** practices and events are mandatory, failure to show will result in disciplinary action. Continued absences will result in removal from the team. Varsity letters go out to the top seven boys and girls at the end of the season. **You must run in the time trial to make the team.**

July 2023

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	10 7 PM Paseo	11 7 AM Paseo	12 7 AM Paseo	13 7 AM Paseo		
	17 7 PM Paseo	18 7 AM Paseo	19 7 AM Paseo	20 7 AM Paseo		
	24 7 PM Paseo	25 7 AM Paseo	26 7 AM Paseo	27 7 AM Paseo		

Aug 2022

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	31 7 PM Paseo	1 7 AM Paseo	2 6 AM Paseo	3 6 AM Paseo	4 6 AM Sonata	5 Time Trial Sonata
	7 1:30 PM Room 917	8 1:30 PM Room 917	9 1:30 PM Room 917	10 1:30 PM Room 917	11 1:30 PM Room 917	12 6 AM Track
	14 1:30 PM Room 917	15 1:30 PM Room 917	16 1:30 PM Room 917	17 1:30 PM Room 917	18 1:30 PM Room 917	19 6 AM Track
	21 1:30 PM Room 917	22 1:30 PM Room 917	23 1:30 PM Room 917	24 1:30 PM Room 917	25 1:30 PM Room 917	26 7 AM F.Lamb
	28 1:30 PM Room 917	29 1:30 PM Room 917	30 1:30 PM Room 917	31 1:30 PM Room 917	1 1:30 PM Room 917	2 8 AM Palo