

Dear Prospective Student-Athletes of CAH,

I hope you had a great year at Cumberland Academy Middle School. My name is Coach William Ritter, and I am the Head Cross Country and Head Boys Track and Field Coach program at CAH. Both of these have a tremendous reputation at CAH. We are a growing and developing sports team at Cumberland Academy and we have been continually improving each year. We have athletes that are raising the standards for each other. I invite you to considering coming out for either sport next year we would love to have you.

Cross Country is team distance running sport and I know we have several outstanding team of runners here at the middle school campus as you guys are Three-peat District Champions at the middle school. In our high school cross country program everyone races that practices; nobody rides the bench. The coaching staff at the high school is dedicated to helping you every runner at every level become the best they can be. If you ran cross country and if you ran track 400 meters up you should strongly consider the cross country team. We do have practices in summer about a month after school is out. You will have a training program following our parent-athlete meeting on **April 15, 2019 at 3:30 pm in the computer lab** to make sure you're on track. We believe consistency is the key. The athletes who are most consistent at the high school level will find the most success. We have an athlete who has worked his way from being one of the slowest to being one of our fastest mid/distance runners.

Track and Field features a wide variety of events; shot put and discus for those with strength and size, sprints, and hurdles for those with speed, high, long, and triple jump for those with athleticism and coordination, distance events for those with stamina and endurance, and relays for for the team experience in a single event. There is something for everyone in track. This year we had over 50 boys come out for track, including many freshman. Our emphasis is on every athlete getting the support they need to be their best. If track is your only sport then we start training when school starts during the athletic period. Those who are track only athletes should consider summer track perhaps with the Whitehouse/Tyler Metro Track Club.

Almost all freshman runners are brand new to these sports so don't think you have to have experience to come out. Our parent and athlete information interests meeting will be on **April 15 at 3:30 pm in the computer lab**. Please feel free to call, text, or email if you have any questions.

I look forward to meeting you soon!

William Ritter
Head Cross Country
Boys Track & Field