



2026 LutheRun XC Team Registration Information

Welcome to the LutheRun XC Team! We look forward to encouraging you and celebrating with you throughout the season! The theme verse for our team reminds us that our strength comes from our Lord Jesus Christ! Let us use our talents to serve and honor Him!

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not grow faint." Isaiah 40:31

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- COMMUNICATION: We are using the BAND app: LutheRun XC - <https://band.us/n/a9afb6Abycn1E>
- SPORTSMANSHIP: We are to be "Christ-like" models, using positive and wholesome speech. We are to have a cooperative spirit being courteous to all coaches, officials, teammates, and opponents. We are to accept victories with joy and humbleness and losses with dignity and gracefulness.
- PARTICIPATION: ESM hosts the LutheRun program and welcomes students that do NOT have an XC program available at their school. ESM policies allow athletes to participate in ONE school sponsored program per season. With this, it is understood that athletes participating in the LutheRun XC program are NOT participating in their school soccer, volleyball, and/or football programs.
- SPORTS PHYSICAL: Participants must have an IHSA Physical Evaluation form completed and on file with LutheRun (ESM). Complete the ENTIRE packet, not just the physical form. Non-ESM students should turn in a copy to the coaching staff during the first week of practice. For ESM students - coaches will have access to your physical. Forms available here: [PDF Sports Physical Packet 26-27.pdf](#)
- ATHLETIC FEE: Athletes must pay the athletic fee of \$80. ESM athletes will be charged directly through the Sycamore billing program. Non-ESM athletes may pay cash or check to 'ESM or Emmanuel-St. Michael'.
- PRACTICE INFO: Practices will start on Tuesday, August 11th for 6th-8th grades and on Tuesday, August 18th for 4th & 5th grades. Practice times are 4-5:30pm and will be held at the FW Seminary (meet by the bleachers at the track). Practices will generally be held on Mondays, Tuesdays, and Thursdays and vary on weeks with a meet. Parents are responsible for transporting their child to practices and competitions.
- MEET INFO: Meets are scheduled on various days and various locations. Athletes will be provided a team uniform top to wear for meet days. Every meet is different. We will share a 'meet sheet' with specifics for that event in the week before. The meets are still settling on the schedule: [2026 Lutherun XC Calendar](#)
- RESTROOMS and WATER: Athletes must remember to use the restroom after school BEFORE coming to Seminary!! The restrooms on campus are for emergency use and challenge our ability to supervise. Athletes must bring a FULL water bottle to each practice.

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As a runner, and an athlete, there are essentials for successful training.

- 1) **RUNNING SHOES:** Training shoes are the most essential part of middle level running. Your running shoes should not have dual purpose as your PE shoes (dirt is not good on gym floor). New shoes provide the best support for the demand of running. If your summer conditioning shoes were new, they are still new :) Alternating two pairs of running shoes can be a good plan as it allows the shoes to fully dry before your next run. Three Rivers Running Company (3RCC) on North Clinton will help fit the shoe that is best for your running form and foot profile. **3RCC offers a 20% discount** on all purchases (excluding electronics) to all middle school and high school cross country athletes from July 1st - Aug. 31st.
- 2) **ATTIRE:** Participants should wear loose fitting athletic clothing and running shoes. No spandex shorts and boys must keep shirts on. As we get to cooler fall weather, spandex capris or full leggings are permitted.
- 3) **WEATHER:** We run and race rain or shine, hot or cold, calm or wind, but not in lightning. Be prepared for the conditions...water, sunscreen, bug spray, sweatshirts, gloves, etc. If there would be a need to cancel a practice or meet, we will send out an email to all the addresses provided. If the conditions are variable throughout a practice or meet, please stay close to our location for a quick pick-up.
- 4) **PARENT PRESENCE AT PRACTICE:** LutheRun is a wonderful community for the whole family. While you are welcome to stay on the seminary or park grounds during a practice, we do ask that parents keep their distance from the practice area (ie. no bleachers/walking track at Sem). This allows the best opportunity for quality coaching interactions with each runner.
- 5) **ATHLETE PARTICIPATION:** Athletes are expected to be present and participating at practices and meets. If athletes are not able to participate in practice, they will not be permitted to run in meets. Athletes choosing to participate in LutheRun are not permitted to participate in another school sanctioned sport. Athletes must be present in school to be able to participate in a practice or meet. Athletes must maintain academic eligibility according to their school policy. If GPA falls below school eligibility standards at the mid-quarter mark they will be allowed to practice but no longer compete in meets.
- 6) **MUSIC AND CELL PHONES:** We run as a team and encourage one another as we run. Coaches will always have cell phones for emergencies. If you need to call or text coaches during practice, please do so but understand we may not be able to reply right away.
- 7) **NUTRITION AND HYDRATION:** Endurance runners are continuously using energy and fluids. It is important to eat nutrients from all food groups (think of the colorful plate...meat, grain, dairy, vegetables, and fruits). In addition to eating a rainbow of foods, it is important to drink at least ½ your body weight in ounces of water....yes, water. Remember that sports drinks are intended to replace the electrolytes that were lost after an exercise session greater than 30 minutes. If consumed at other times, it is just added sugar and calories.
- 8) **MUSCLE SORENESS:** As we challenge our bodies to workout and get stronger, we cause our bodies to become sore. This muscle soreness is a sign that our body is healing and building muscle fibers. Muscle soreness is felt throughout the entire body, or a body region. If soreness becomes located in only one area, for example a point on the upper or lower leg, this may be an injury. Overuse injuries are created when athletes go from zero to hero...not at a steady pace of increase. If you worked over the summer to build up your base miles, then your chance of overuse injury is decreased. We will try our best to create a gradual increase of workload to reduce injuries. Preventative post workout icing is often a practice for endurance runners and athletes.