

Dear Members of the class of 2014 and parents,

Welcome to SLUH! My name is Joe Porter, head coach of the **CROSS COUNTRY** and **TRACK and FIELD** programs at SLUH. Both have a tremendous reputation. This past fall our JV and C Cross Country teams were each **undefeated** and our Varsity team was **State Champions**. Last Season, the Track and Field our Team captured Conference Championships on all levels and the varsity finished 3rd overall at the state meet. I invite you to consider coming out for either sport next year. We would love to have you!

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 Jumps and Pole Vault for those with overall athleticism and coordination, Distance events for those with endurance and relays for a team experience in a single event. There is something for everyone in Track! We have over 130 athletes out this year, including many Freshmen. You'll be practicing with guys from every class year. Again our emphasis is on every athlete getting the support he needs to be his best.

Cross Country is team distance running. Thousands of athletes compete statewide and thousands of fans attend races! SLUH's teams are always among the best and largest in the state, with over 80 runners on our squad and a large group of Freshmen. In our program, everyone races; nobody rides the bench. The coaching staff is dedicated to helping every runner at every level become the best they can be.

Please use the response form on the website to let me know if you are interested in Track or Cross Country. We will be having camp experiences for SLUH athletes, including Freshmen, in both Track and Cross Country this summer. Filling out the form doesn't commit to anything. I will be in touch with you before the summer with more information about our camps, other camps and opportunities for competition.

Almost all Freshman runners are brand new to these sports so don't think you have to have experience to come out. Please feel free to call or write with any questions. My number at SLUH is 531-0330 ext. 192 or

you can e-mail me at: jporter@SLUH.org. Check out our team web sites for pictures, history and lots of information about our Track and Field and Cross Country programs. You can find the links for the sites on our team pages.

I look forward to meeting many of you soon. Coach Joe Porter