



Dear Recruit:

Thank you for your interest in the Adrian College Track & Field/Cross Country program! Let me tell you a little bit about our program here at Adrian.

"There is a time when most athletes reach a crossroads in their career. Even the most talented juniors need to realize that success at the highest level requires a new set of parameters in training and attitude and that without devotion the path desired by most remains impossible to find." -Steve Cram – Olympic Silver Medalist 1500m, UK

As a competitive program we are in search of recruits showing potential both on and off the track/field/race course. As head coach, I am adamant of my program being successful nationally and you can be a significant contributor to this team. My philosophy promotes student-athletes to take ownership in their training and to have open communication and trust with every single teammate and coach to perform better.

We are a cohesive team of runners, throwers, jumpers and hurdlers with individual training needs. My staff and I will train you individually at your ability level, along side other comparable athletes. Personalizing your training, but keeping it within the scope of a team atmosphere will help the team perform better as a whole. As a member of the Adrian College Track & Field/Cross Country teams it is expected of all our athletes to train and compete to the best of their ability. Our athletes are also expected to push their teammates ahead of them and encourage their teammates behind them at all times.

I believe in a long-term approach to training and competition. I believe it is important that we plan your athletic career bearing in mind all four years, not just the current season. We will also teach you the basic principles of exercise physiology/biomechanics to help you understand and become knowledgeable of the science of our sport. These beliefs stem from the knowledge and experience I have gained both as a runner and coach competing in the WIAC in Wisconsin. The long-term development of my student-athletes as they come in as freshmen and leave as seniors is very important to me. The consistency in improving your aerobic/anaerobic capacity, along with your strength and technique over your four-years, *is the key to success in this sport*. The body is an amazing machine and can yield great results if you slowly and persistently increase its load capacity over the seasons. However, at the same time, listening to your body is equally crucial to avoid injury. Success is possible at the NCAA Division III level, but it does take commitment and a commanding attitude.

Not only do I expect you to be competitive as an athlete, I also expect you to be academically sound as a student. Our Track & Field/Cross Country teams have been nationally competitive academically. Adrian College has received numerous NCAA Division III All-Academic honors for many years. The award goes to teams that earn a cumulative grade point average of 3.10, or to individuals that achieve a GPA of 3.5.

Are you willing to prepare for success? Are you willing to give your full effort required to have this team achieve national dominance? This is a competitive varsity collegiate team and I want you to keep that in mind as you apply for admission to Adrian College. Throughout my years of coaching experience I have come to know high school times/marks *are not* indicative of success as a collegiate athlete. I have known many collegiate athletes that have become All-Americans who *did* very well in high school, but I also know many All-Americans that *did not* do very well in high school. What was the reason for their success? Their dedication, work ethic, and attitude to improve themselves and the team took them to the pinnacle of their true athletic ability. If you have the same qualities mentioned above, I want you in my program. With your help, the true depth of this team will exceed any other team in the Great Lakes region.

If I have piqued your interest in competing for the Adrian College Track & Field/Cross Country teams, **please go online to our homepage at http://www.adrian.edu/sports/tfxc_inquiry.php to fill out the online prospect form**. We will send you information about Adrian College and if you're interested we can set up a campus visit! You can also call me at **517.264.3992** or email me at jl Larson@adrian.edu for any questions you may have regarding training philosophy, or anything else. Thank you and I look forward to your reply.

Yours in running,

James Larson

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