

2022 CROSS COUNTRY

# Summer Conditioning



## CONTACT INFO:

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Coach Chad Myers (Volunteer Assistant)

Coach Carly Rose (Volunteer Assistant)

Coach Lauren Zaleski (Volunteer Assistant)

## Who

- Anyone interested in running cross country in the fall of 2022, who is going to be in the 7th-12th grades.
- Summer conditioning sign up: <https://forms.gle/htQR4Sd2trbnumhi9>

## When

- High School: Starting June 6, M-F at 7:00 am
- Middle School: Starting June 14, M-F at 7:00 am
- This is non-mandatory conditioning

## Where

- The teams will meet at the High School Track / Shelter House each morning.

## What

- Summer conditioning is very important for your fall success. Cross country is an aerobic sport and base conditioning will help set you up to run your best.
- A summer training plan/schedule will be passed out. Strength training and Aerobic Conditioning will be the focus during the summer.
- IF you can not make it to these non-mandatory practices, you will be expected to run at least 4-5 days per week on your own. The practices are to make it more fun and easier to do since your teammates will be there to run with. **Teamwork makes the Dream Work!**