

2019 NBC Summer Cross Country Information

Contact information for NBC XC Coaches

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Mrs. Levengood – deblevengood@yahoo.com
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Mr. Nesbitt nesbittd@mapsk12.org

We will have a supervised, summer running program beginning on June 17th. We will meet Monday, Wednesday, and Friday at NBC at 9:00 am and have activities and run until 10:15. You will be responsible for your own transportation to and from practice.

This is not mandatory, but if you want to start the season ready to go, this is an awesome opportunity for you to get in shape. We will work you up to the distance slowly and gradually, so don't worry about how far you can run right now without stopping. (Hey, we're going to have some fun getting there too!)

All aspects of a running program will be included, like flexibility, stability, and strength. Come dressed for workouts: shorts, shirts (must be worn), good running shoes (ask us if you need help choosing these) and bring a water bottle every day.

If you or your parents have any questions, feel free to contact us at the email/phone numbers above. We will promptly reply. Let's start working on making the Montague Cross Country Teams the best in our league!

The first official start day of practice will begin on Monday, August 26, 2019.

Coaches Nesbitt and Levengood's