

**Lakota East Thunderhawk
Cross Country
2018 Summer Schedule
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NOTES

- Tomorrow, June 1st, would be a great day to start running if you haven't already.
- 1-2 days off/week for veterans, 2-3 days off/week for beginners through July 8th.
0-1 day off/week for veterans, 1 day off/week for beginners starting July 9th through the rest of the season.
- **Freshmen and first year runners** should lean toward the lower end of the mileage (starting at around 10-15 miles/week and building to about 25-30 miles/week by Aug. 1st). Boys should try running at a pace no slower than 7:30-7:45/mile and girls should try to be no slower than 8:00-8:30/mile. **Time your runs (GET A WATCH!!!) and try to increase your speed as the summer progresses!!!**
- **Sophs, Juniors and Seniors who have run before** should lean toward the higher mileage (starting at about 25-30 miles/week and building to 40-50 miles/week by Aug. 1st).
- **Our first summer group run will be Monday, June 18th @ Fort Liberty Park from 7:30-9:15 am.**
 - Follow your calendar!!!
 - We meet 3 times per week through July 21st.
 - We meet 5-6 times per week starting July 23rd through the end of the season.
- Do your 100 meter strides (listed on calendar). These will keep your fast-twitch muscles awake and make it easier to transition into interval/speed training.
You should work on a nice long stride when you do these and build up to about 95% of full speed for the last 40-50 meters. Run these at a faster pace than you want to race.

Important Dates

- **Monday, June 18th 7:30-9:15 a.m.** – Summer conditioning begins at Fort Liberty ***(EMA (online) and Physical must be turned in to participate!!!)***
- **Monday, July 30th** – Practice switches from 7:30 a.m. to 3:45 p.m.
- **Wednesday, August 1st 3:45 p.m.** – First official practice at Fort Liberty Park! ***(ALL PAPERWORK DUE!!!)***
- **Monday, August 6th 6:30 p.m.** – Parent/Athlete meeting #2 (Drug Policy, meet workers/concession stand sign up, etc.) in the East High School Café.
- **Thursday, August 9th** – Team pictures in the gym @ 1:45 p.m. We will meet at 12:30 p.m. in the East High School gymnasium to pass out uniforms. We will practice at the high school after the pictures until 4:15 p.m.
- **Thursday, August 16th** – First Day of School
- **Saturday, August 18th** – First VARSITY (Top 10) meet @ NTR in Hebron, OH @ 9:00 a.m.
- **Saturday, August 25th** – HOME MEET @ V.O.A. @ 9:00 a.m.

Be fit and ready to work out on the first day of official practice!

The Fall has no secrets as to how your Summer was spent!!!

2018-2019
LAKOTA EAST HIGH SCHOOL
Women's and Men's Cross Country

HOME PRACTICE FACILITY – Fort Liberty Park, Keehner Park, and Voice of America Park

TEAMS – Varsity and Junior Varsity

TRAINING SESSIONS – Cross Country conditioning will be held for all interested distance runners. While these training sessions are not mandatory, they are strongly encouraged and recommended!

- Pre-season mandatory meeting – Thursday, May 31st at 6:30 p.m. in the Lakota East High School Café.
- Conditioning: June 18th – July 31st (see attached calendar)
- Official Mandatory Practices: Starting August 1st (see attached calendar)
- Lakota East 5k Time Trial: Saturday, August 11th. 9:00 a.m. at Voice of America Cross Country course.

TRYOUT INFORMATION – There are no tryouts for cross country. All interested athletes will be able to join the team. However, athletes must demonstrate that they can run 3 miles without walking before being entered in their first meet.

OFFICIAL PRACTICE TIMES –

- Monday and Wednesday: 3:45 – 5:30 p.m. at Fort Liberty Park
- Tuesday: 3:45 – 5:30 p.m. at Keehner Park
- Thursdays and Fridays: 3:45-5:30 p.m. at Voice of America Park
- Saturdays: Meets or practice. Practices will be from 9:00 – 10:45 a.m. Practice locations TBA.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on August 1st. NO PHYSICAL = NO PARTICIPATION! All other forms are made available through the Final Forms system.

PARENT/ STUDENT-ATHLETE MEETING – Meet the Team Night will be held on Monday, August 6th, 2019 at 6:30 p.m. in the Lakota East High School gymnasium. Doors will open at 5:30 p.m. in order to pay participation fees and purchase sports passes. It is MANDATORY that at least one parent and the student-athlete be in attendance.

SENIOR NIGHTS AND SPECIAL EVENTS

- Senior Night – TBA
- Booster Bash – TBA

FOR ADDITIONAL INFORMATION you may contact head coach, Adam Thomas at thomasa@greatoaks.com.