

Looking Forward to a Great Season!

We hope everyone is as excited as we are for the upcoming cross country season. Returning runners, if you put in the time BEFORE our team training begins, the only thing to do when we start in July will be to get stronger and faster. You'll already have your base! We are asking that you run 4-5 days per week EVERY week during June and the first weeks of July. Try to run 3-4 miles most days and run 5-6 on one of the days. Don't worry about speed; just get your endurance by consistent running. It's a great idea to get into the habit of running first thing in the morning before you get involved in other things. Make it part of your daily routine. If you want to get together for a group run, that makes it more fun. Please keep a running log of days you run and the distance. These should be signed by a parent and turned in at the first practice. Be honest!! If you say you ran consistently and then show up unable to complete three miles without walking, we'll know anyway. But more importantly, if you're not running, you're not going to be as prepared as you can be. We were so proud of you guys last year and look forward to competing with the "big teams" again. Let's show them who's really got SISU!! Happy trails. See you in July.

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Stay updated: Check out North Olmsted's new athletic website:

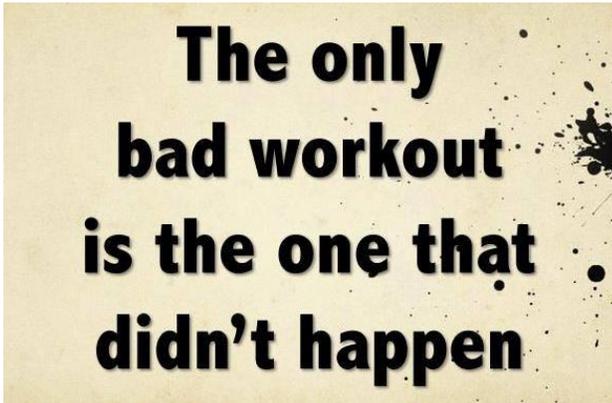
northolmstedathletics.org

Click on Middle School, then boys or girls cross country.

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**The only
bad workout
is the one that
didn't happen**