

Brand New Runners: We'd like you to keep a log of your summer miles. Refer to the beginner training program and try a little at a time. If you walk part and run part consistently, you will get to the point where you are walking less and running more. Please remember, we're not talking about sprinting. Just consistent running/jogging. You'll be surprised how quickly you develop endurance if you follow the plan. See you at the first practice!!

Check the North Olmsted Schools Athletics website for updated information including sports physical forms, schedules, etc.

northolmstedathletics.org

Click on Middle School, then boys or girls cross country

****Also, please sign up for our team's messaging system**

(both athletes and parents):

Text this message: @nomscr

To this number: 81010