

Andover Cross Country

Summer Conditioning 2020

DISTANCE IS FOR THE DARING

It's been said that champions are crowned in October, but they are made in June, July and August. In other words, if you don't show up and put in the hard work over the summer, you aren't going to show up in a big way at the big meets at the end of the season!

The health and safety of our students is the top priority for Andover Public Schools. With that in mind, please be sure to review the important notes regarding COVID-19 and the USD 385 Summer Activities plan that is available on our school website [here](#).

**Summer conditioning is not a requirement for participation. There are a lot of easy excuses to be found for not doing summer conditioning, or not being consistent. The thing is, great teams aren't satisfied with that. Great teams find a reason, a purpose, a passion and a way. All of this can already be found inside of you. Summer conditioning is where you come to unlock it... find it in yourself and in your teammates, because make no mistake - there is no reason for not being successful - only excuses .

Details:

- **Who** - Any incoming 9th-12 grade athletes interested in running XC this fall
- **Dates** - Every Tuesday, Wednesday, Thursday beginning June 16th
- **Time** - 7:00 - 8:00 am
- **Location** - We will alternate locations throughout the summer but our first week we will meet at Andover Central Park by the gazebo across from the library
- **What do I need?**
 - A good pair of running shoes!
 - A running watch - most of our workouts are based off time so this is **very** important
 - Bring your own water
 - A positive attitude!

Follow Us:

I have created a google classroom as a way to post information regarding workouts and additional team announcements. All are welcome to join (parents and athletes).

Google Classroom Code: 4ex7cf3

Twitter: @AndoverXC/Track

Remind101: Text @6cbbba to the number 81010