

CROSS COUNTRY SUMMER CONDITIONING

DISTANCE IS FOR THE DARING



Dates:

*Tuesday-Thursday
Beginning June 11*

Time:

7:00–8:00 a.m.

Location:

We will alternate every week but our first week we will meet at **Andover Central Park—gazebo by Andover Library.**

Any questions about cross country and/or summer conditioning should be directed to:

Head Coach: Justin Hill

(913)-593-1346
hillj@usd385.org

Check out our website or follow us on Twitter for more information...

@AndoverXTRACK

So You Want to Run Cross Country Next Fall???

Good! I love this sport because it allows us the opportunity to reach our full potential as both an athlete and an individual. Running XC will help you build physical and mental toughness as well as character, pride, dedication, and most of all, friendship. I look forward to helping you develop these things over the course of the season... But why wait until the fall?

The cold, hard truth about conditioning for cross country this summer

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 will to win
means nothing
without the will to
prepare”***

Summer conditioning is all about preparation because it's really the engine that makes the machine run. Without it, we never have a chance of performing up to our potential, and every day we miss takes away not just from the degree of preparedness, but ultimately diminishes our potential and our peak performance!

**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 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 .

Again, conditioning is not a requirement to participate, but it is required to be great and when that happens all the hard work is worth it. Join us for the journey!!

Additional opportunities—

- Encourage everyone to run at least 1 summer 5k. Find a list of local summer 5ks races at:

http://www.runwichita.org/race_calendar.php

Remind 101 = Text @6cbbba to 81010

<http://andovertrojanscrosscountry.shutterfly.com/>