

Summer Information For Cross Country:

It is state mandated that all athletes have a completed and signed **STATE PHYSICAL FORM** on file with the athletic department before any participation, including try-outs, be permitted. The state physical form may be picked up at the athletic office when school is in session or at the middle school main office during summer hours. (The Physical form can be turned in to the athlete's head coach).

Cross Country:

Girls Head coach: Carol Oberholzer – 2 years New York State Cross Country and Indoor Track

Boys Head Coach: George Wise – 4 years Ohio State Cross Country and Track

August 9 (tentatively): First day of practice. 3:15-4:15 (Meet in the LMS Gym)

Practice will be the same time Mon. thru Fri. until school starts and then we switch to after school practices.

Summer Conditioning with High School– Beginning June 21th, middle school runners can participate in a conditioning program at Loveland High School. We will meet at 9:00 am on Monday, Wednesday, and Friday (parents are asked to pick up students no later than 10:30 so Coach Smith can work with High School Team). Contact Coach Oberholzer at 227-3305 or carol@oberholzer.us or Coach Smith at 687-1379 or smithmi@lovelandschools.org for more information.

Tips for summer running

Stretch for at least ten minutes before you run.

Try to run 3-4 miles a day, six days a week.

Make one day of your six harder than the others.

Do some sprints after each run (5-10 100 yd. Sprints).

Run with a friend.

Don't run when it's dark outside.

Do not run in the road.

Run in parks on grass or on trails if possible.

Drink lots of water daily.

Get running shoes

(Running Spot on Bike Trail or in O'bryonville or

Meters and Miles next to Newport on the Levee)

Summer Cross Country Series at Loveland High School

Every Thursday at 7:00 PM from July 8 – August 12.