

Dear TVMS Cross Country Members and Parents,

▪ **Prior to August 1**

- A current physical must be on file prior to August 1 in order to participate. Schedule now if one is needed or will expire before the end of the season.

▪ **Pre-conditioning**

- Preseason conditioning is crucial to success during the season. June conditioning is when the season is made. If you want to be successful in October, start in June. Contact other team members and run together. It's easier to want to run when you have a running buddy counting on you.

▪ **Practice**

- Voluntary conditioning starts Monday, July 8
- Mandatory practice starts Thursday, August 1
- Practice will be 7:30 am – 9:30 am (M-F) July 8 – August 16
- Practice will be 3:00 pm – 5:00 pm (M-F) starting August 19
- If you ran track this spring take off from running until June 1st or two weeks whichever is longer. Your body needs time to rest.
- Where to meet - meet at the track at the HS, the playground shelter at Dillon Park beach, the shelter at Shelly Wildlife, the township hall at the bike path in Dresden
- We will utilize alternative running sites again this year. The high school, Shelly Wildlife area Dillon Park beach area and the bike path/township hall. This could change and if it does I will post on Remind.
- Cross country is a sport of repetition so every practice counts, attendance at practices is extremely important
- If you miss a practice, please send a note explaining the absence the following day.
- Be prepared to run outside with layers of clothes and durable running shoes.
- Athletes should attend 10 practices before the first meet.

▪ **Schedule**

- Please see the attached schedule for practice dates and times
- **Parent Meeting**
 - There will be a mandatory parent/student meeting on July 30th 6:00pm TVHS café.
- **Fundraiser**
 - We are hosting a 5k/10k race at Dillon on July 20th at 7:00 pm. Everyone is needed to help make this a success. Muskingum Multisport has been contracted to help run the meet.
 - We will be having our Runathon again this year. It is tentative scheduled for Aug. 8th.
- **Team Camp**
 - The HS/MS team will be attending team camp **July 29th**. This is mandatory for all high school athletes and optional for middle school athletes.
 - The HS/MS team will be having a team fun day **July 31st**. This is mandatory for all high school athletes and optional for middle school athletes.
 - Elementary will be attending a day camp at Dillon **Aug. 6th**.
- **Please sign up for the Remind by texting @ 84b77ba to 81010 for updates and communication, I can contact you and you can contact me. Main form of contact. The athlete and one parent should join.**

Let's have a great Cross Country season!
Coach Tish and Coach Gray



Preseason Conditioning Tips

- These tips will help you get ready for a successful cross country season

Beginning Runners (first year and inexperienced)

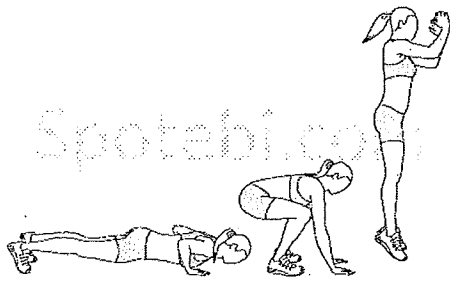
- Goal – 10 minutes continuous run. Start with 1 minute of running and 1 minute of walking and work up adding a minute to each run until running for all 10 minutes.
- Goal – guys, 3-4 mile/day by July, girls 2-3 miles/day by July. Start slow with 1-2 miles and build up, too much too soon will result in injury
- A combination of strength training and running is the best way to get in running condition
- Strength training two days per week either by themselves or with short runs (1 mile)
- Build in a day of rest, Saturday or Sunday and a day of active rest on the other, ie, swimming, walking, kayaking, biking

Intermediate Runners (MS returners and returning elementary entering MS, returning HS)

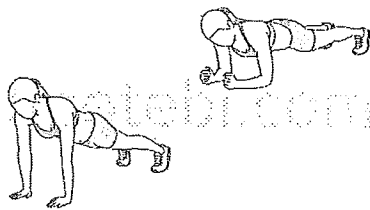
- Goal – 15 minutes continuous run. Start with 5 and work up. A combination of run/walk in the beginning is perfectly acceptable
- Goal – guys, 5-6 mile/day by July, girls 4-5 miles/day by July. Start slow with 2-3 miles and build up, too much too soon will result in injury
- Longer runs without strength training three days per week (3-4 miles)
- Long run (5-6) miles every other week
- Strength training two days per week either by themselves or with short runs (1-2 miles)
- Build in a day of rest, Saturday or Sunday and a day of active rest on the other, ie, swimming, walking, kayaking, biking

Strength training

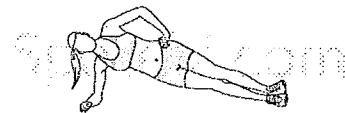
- Choose four each time and do two sets of each with 3 minutes rest between sets
- Goal – 12 burpees start with 5 and work up
- Goal – 30 second low plank hold start with 10 sec. and work up
- Goal – 12 high/low planks start with 5 and work up
- Goal – 12 jumping jacks
- Goal – 12 supermans start with 5 and work up
- Goal – 12 calf raises start with 5 and work up
- Goal – 12 leg lifts (per leg) start with 5 and work up
- Goal – 12 pushups start with 5 and work up
- Goal – 12 clamshells (per leg) start with 5 and work up
- Goal – 12 inside leg lifts (per leg) start with 5 and work up
- Goal – 12 windshield wipers start with 5 and work up
- Goal – 12 mountain climbers start with 5 and work up
- Goal – 12 russian twists start with 5 and work up
- Goal – 12 plank shoulder taps start with 5 and work up
- Goal – 12 donkey kicks start with 5 and work up
- Goal – 12 fire hydrants start with 5 and work up
- Goal – 12 bird dogs start with 5 and work up
- Goal – 12 dead bugs start with 5 and work up
- See reverse side for illustrated instruction on how to perform each exercise



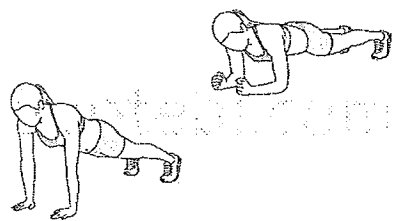
burpees



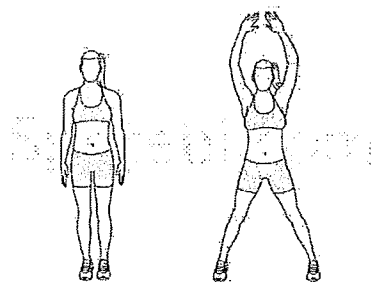
low plank



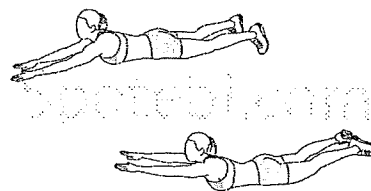
side plank



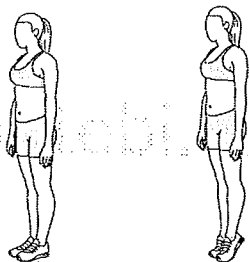
high/ low plank



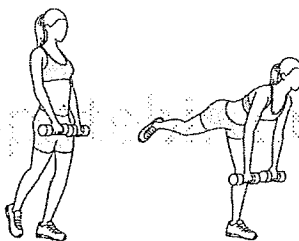
jumping jacks



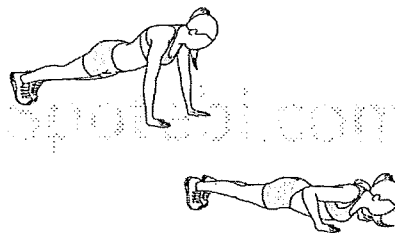
superman



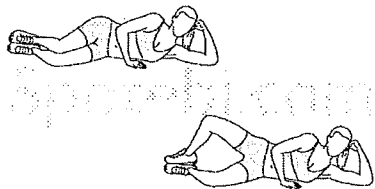
calf raises



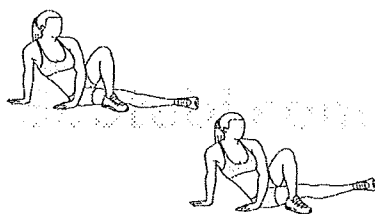
single leg deadlift



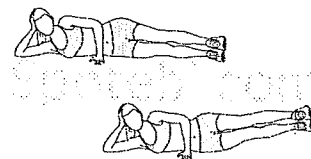
push ups



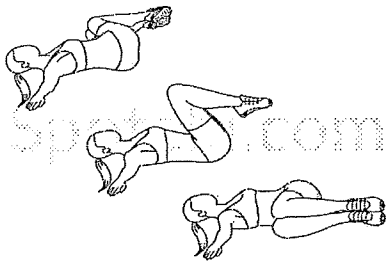
clamshells



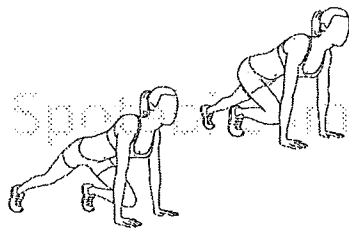
inside leg lift



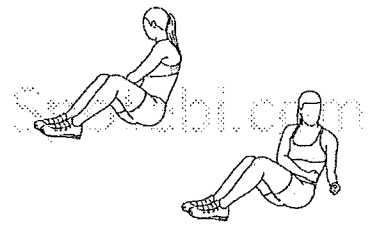
leg lifts



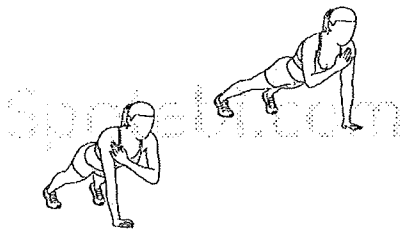
windshield wipers



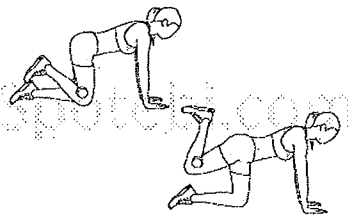
mountain climbers



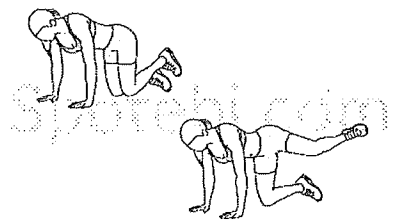
Russian twists



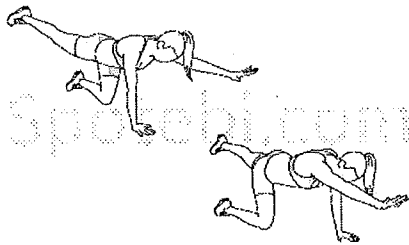
plank shoulder tap



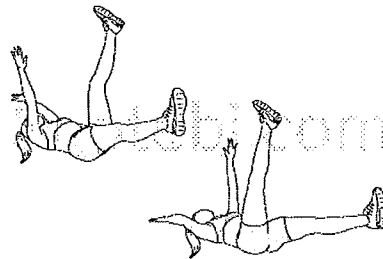
donkey kicks



fire hydrants



bird dog



dead bugs

2024 Cross Country Calendar

July 2024

August 24	September 24
S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30		1	2	3	4 Independence Day	5	6
7		8 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	9 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	10 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	11 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	12 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	13
14		15 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	16 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	17 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	18 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	19 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	20 Christmas in July 5k/10k 5k Fun Run/Walk Our Fundraiser Dillon 7:00pm
21		22 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	23 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	24 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	25 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	26 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	27
28		29 Camp Day 8:00am- 9:00 pm MANDATORY HS OPTIONAL MS	30 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am Mandatory HS/MS parent/athlete meeting TVHS cafe - 6:00 pm	31 Fun Day 8:00am- 8:00pm MANDATORY HS OPTIONAL MS	1	2	3
4		5	Notes				

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August 2024

Monday: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
 Tuesday: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
 Wednesday: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
 Thursday: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
 Friday: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
 Saturday: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	30 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am EL- Camp Day - Dillon 9:30am - 5:00pm	31 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	1 HS MANDATORY DRUG TEST 9:00 am stadium HS/MS/EL Pictures 10:00 am TVHS	2 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	3	
4	5 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	6 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	7 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	8 Runathon Shelly Wildlife 8:00am -12:00pm (noon) possible sundae party	9 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	10	
11	12 Practice TVHS HS/MS- 7:30-9:30 EL- 9:30-10:45	13 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	14 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	15 Practice Dillon HS/MS - 7:30am-9:30am EL- 9:30am-10:45am	16 Practice TVHS HS/MS- 7:30am-9:30am EL- 9:30am-10:45am	17	
18	19 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	20 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	21 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	22 Practice Shelly Wildlife HS/MS - 3:00pm-5:00pm EL- 5:00pm-6:15pm	23 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	24 HS/MS Pickerington North XC Classic 8:00 AM	
25	26 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	27 The Hux - Utica Invite Camp Ohio HS/MS/EL	28 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	29 Practice Shelly Wildlife HS/MS - 3:00pm-5:00pm EL- 5:00pm-6:15pm	30 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm HS/MS Feed the Team- 4:30pm	31 HS/MS Westerville North Invite 8:00am	
1	2	Notes	Calendar Templates by Vertex42.com https://www.vertex42.com/calendars/ © 2022 Vertex42 LLC. Free to print.				2024 Calendars 2025 Calendars

September 2024

August 2024	September 2024	October 2024
S M T W T F S S	S M T W T F S S	S M T W T F S S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Labor Day No Practice	3 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	4 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	5 Practice Shelly Wildlife HS/MS - 3:00pm-5:00pm EL- 5:00pm-6:15pm	6 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm HS/MS Feed the Team 4:30pm	7 HS/MS Watkins Memorial McGowan Invite 9:00am	
8	9 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	10 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	11 Patriot Day Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	12 Practice Shelly Wildlife HS/MS - 3:00pm-5:00pm EL- 5:00pm-6:15pm	13 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm HS/MS Feed the Team 4:30pm	14 HS/MS Newark Invite 9:00am	
15	16 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	17 Constitution Day Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	18 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	19 Practice Shelly Wildlife HS/MS - 3:00pm-5:00pm EL- 5:00pm-6:15pm	20 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm HS/MS Feed the Team 4:30pm	21 HS/MS Celtic Clash 4:00pm	
22	23 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	24 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	25 Practice TVHS HS/MS- 3:00pm-5:00pm EL- No practice HOCO parade	26 Practice Shelly Wildlife HS/MS - 3:00pm-5:00pm EL- 5:00pm-6:15pm	27 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	28 Homecoming No Meet	
29	30	1	2	3 Rosh Hashanah	4	5	
6	7	Notes					Calendar Templates by Vertex42.com https://www.vertex42.com/calendars/ © 2022 Vertex42 LLC. Free to print.
					2024 Calendars	2025 Calendars	

October 2024

September 24	Monday	1	2	3	4	5
September 25	Tuesday	2	3	4	5	6
September 26	Wednesday	3	4	5	6	7
September 27	Thursday	4	5	6	7	8
September 28	Friday	5	6	7	8	9
September 29	Saturday	6	7	8	9	10
September 30	Sunday	7	8	9	10	11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	2 HS/MS/EL Backwoods 2 Miller Thornville - 5:30pm	3 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	4 Practice Township Hall HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	5
6	7 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	8 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	9 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	10 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	11 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm HS/MS Feed the Team 4:30 pm EL Feed the Team 5:45pm	12 HS/MS/EL MVL Championships TBA
13	14 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	15 Practice TVHS HS- 3:00pm-5:00pm EL- 5:00pm-6:15pm MS Districts - Marietta	16 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	17 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm	18 Practice TVHS HS/MS- 3:00pm-5:00pm EL- 5:00pm-6:15pm HS/MS Feed the Team 4:30 pm EL Feed the Team 5:45pm	19 HS OHSAA D1 Districts Hilliard Darby TBA
20 MS/EL State Championships Dublin Jerome TBA	21 Practice TVHS HS/MS- 3:00pm-5:00pm	22 Practice TVHS HS/MS- 3:00pm-5:00pm	23 Practice TVHS HS/MS- 3:00pm-5:00pm	24 Practice TVHS HS/MS- 3:00pm-5:00pm	25 Practice TVHS HS/MS- 3:00pm-5:00pm	26 HS OHSAA DI Regionals Pickerington North TBA
27	28	29	30	31	1	2
3	4	Notes	Calendar Templates by Vertex42.com https://www.vertex42.com/calendars/ © 2022 Vertex42 LLC. Free to print.			