

Cross Country Summer Running Calendar

- We will be having cross country practices throughout the summer. To properly train your body, you must be running throughout the entire summer. Although these practices are optional, it is highly recommended that you attend these practices. Running with your teammates is the best way to ensure that you are training properly. If you cannot attend these practices, you should be running on your own. Please see the Summer Running Guide on the cross country webpage (<https://highschool.lds.org/athletics/cross-country/announcements-and-important-information>) to ensure you are following a proper training program. Please reach out to me via remind or email (spayonk@lds.org) if you have any questions
- All practices throughout the summer will be held from 7:30 AM to 9 AM. Please be there no later than **5 minutes early**. On Wednesdays practice will start at 8AM to allow for extra travel time to Mount Gretna.
- Come to practice prepared. This means proper attire, as well as having things like inhalers for those of you with asthma. **Bring your own water bottles!** We will be running outside at practice even if the weather is not perfect, please be aware of this. I recommend keeping a large garbage bag to keep your personal belongings during practice in the event that it rains.
- Cell phones should not be used during practices. You may bring your cell phone to practice, however, take them at your own risk, the coaching staff or Lower Dauphin High School will not be responsible for any lost or stolen electronics.
- The location of each practice is listed on the calendar below. Please take note of the location as it does change. Instructions for each practice location are listed below along with an address.
 - High School – Meet at the East end of the high school between the tennis courts and the training room.
 - 201 S Hanover St, Hummelstown, PA 17036
 - Schiavoni Park (Hoss's trails)
 - 9060 Bridge Rd, Hummelstown, PA 17036
 - Shank Park
 - 781 Bullfrog Valley Rd, Hummelstown, PA 17036
 - Mount Gretna Trailhead - Meet at the Mount Gretna trailhead near Colebrook Park. Drive past the Colebrook Crossing restaurant and park at the trailhead.
 - 1550 Mt Wilson Rd, Colebrook, PA 17042

Cross Country Team camp at Shippensburg will run from July 13th-17th. There will be no other practices this week. See the team webpage for more information on the team camp.

JUNE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>Phase</u> <u>1</u>	2	3	4	5	6	7
8	9 Run On Your Own	10 Run On Your Own	11 Run On Your Own	12 Run On Your Own	13 Run On Your Own	14
15	16	17 Lift 7:30 am – 9 am	18	19 Lift 7:30 am – 9 am	20	21
22	23	24 Lift 7:30 am – 9 am	25	26 Lift 7:30 am – 9 am	27	28
29	30 Practice 7:30-9 HS	1 Practice 7:30-9 HS Lift	2 Practice 7:30-9 HS	3 Practice 7:30-9 HS Lift	4 Practice 7:30-9 HS	5

JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Practice 7:30-9 HS	1 Practice 7:30-9 HS Lift	2 Practice 7:30-9 HS	3 Practice 7:30-9 HS Lift	4 No Practice	5
6 <u>Phase 2</u>	7 Practice 7:30-9 Shank Park	8 Practice 7:30-9 @ HS Lift @ 9	9 Practice 8:00-9:30 @ Mt. Greta	10 Practice 7:30-9 @ HS Lift @ 9	11 Practice 7:30-9 @ Schiavoni Park	12
13 Ship Camp	14 Ship Camp	15 Ship Camp	16 Ship Camp	17 Ship Camp	18 No Practice	19
20	21 Practice 7:30-9 Shank Park	22 Practice 7:30-9 @ HS Lift @ 9	23 Practice 8:00-9:30 @ Mt. Greta	24 Practice 7:30-9 @ HS Lift @ 9	25 Practice 7:30-9 @ Schiavoni Park	26 Optional Long Run - Old Trolley Park 8-10 am
27	28 Practice 7:30-9 Shank Park	29 Practice 7:30-9 @ HS Lift @ 9	30 Practice 8:00-9:30 @ Mt. Greta	31 Practice 7:30-9 @ HS Lift @ 9	1 Practice 7:30-9 @ Schiavoni Park	2 Optional Long Run - Old Trolley Park 8-10 am

AUGUST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Practice 7:30-9 Shank Park	29 Practice 7:30-9 @ HS Lift @ 9	30 Practice 8:00-9:30 @ Mt. Greta	31 Practice 7:30-9 @ HS Lift @ 9	1 Practice 7:30-9 @ Schiavoni Park	2 Optional Long Run - Old Trolley Park 8-10 am
3	4 Practice 7:30-9 Shank Park	5 Practice 7:30-9 @ HS Lift @ 9	6 Practice 8:00-9:30 @ Mt. Greta	7 Practice 6-7:30 PM Adventure Sports Night <u>Physicals Due</u>	8 Practice 7:30-9 @ Schiavoni Park	9 Optional Long Run - Old Trolley Park 8-10 am
10	11 Preseason 7:30-10 @ HS Paperwork	12 Preseason 8-10 @ HS Lift @ 10	13 Preseason 8-10 @ HS	14 Preseason 8-10 @ HS Lift @ 10	15 Preseason 8-10 @ HS	16 Optional Long Run - Old Trolley Park 8-10 am
17	18 Preseason 8 AM - 1 PM Cocoa Kayak Run	19 Preseason 8-10 @ HS Lift @ 10 Parent meeting 6:30-8 PM	20 Preseason 3:30-5 PM @ HS	21 Photos Preseason 3:30-5 PM @ HS <u>Possible Meet the Falcons</u>	22 Preseason 8-10 @ HS	23 Warrior Twilight Tune Up - 7 PM
24	25 Practice 2:50-5:00 @HS	26 Run for Chocolate Shank Park Time TBD	27 Practice 2:50-5:00 @HS Lift	28 Practice 2:50-5:00 @HS Lift	29 Practice TBD	30 LR TBD
31	1	2	3	4	5	6

List of tentative invitational dates and other important dates

Warrior Twilight Run Tune Up Aug 23, 2025

Run For Chocolate Aug 26, 2025

LVC Sep 6, 2025

Ben Bloser Sep 20, 2025

ROC (middle school) Sep 27, 2025

Gettysburg Oct 4, 2025

Mid Penns Oct 11, 2025

Districts Oct 25, 2025

States Nov 1, 2025

Lower Dauphin Cross Country 2025 Important Dates

Summer

- Thursday, May 29th, 3:00 PM - 5:00 PM - Fall Sports Physicals - LDHS - \$20
- July 13-17: **Shippensburg Cross Country Camp**
- Thursday, July 31st, 5:00 PM - 7:00 PM - Fall Sports Physicals - LDHS - \$20
 - *IF NOT DONE IN JUNE
- August 11th-24th Preseason, **Preseason Practices are mandatory!**
- August 18 kayak trip after morning practice
- Parent meeting: Tuesday, August 19th, 6:30 to 8 PM - Tentative