



Welcome to the Season, Thunderhawks!

Welcome back to another exciting year of **Lakota East Middle School Cross Country**! Whether you're a returning runner ready to beat your personal best or a newcomer stepping onto the course for the first time, we are thrilled to have you as part of the herd.

Cross country is a unique sport. It's about more than just physical endurance; it's about mental toughness, supporting your teammates, and finding that extra gear when you hit the final stretch. This season, we'll be focusing on building a strong foundation, refining our form, and—most importantly—having a blast while we do it.

What to Expect This Season

The first few weeks are all about **conditioning**. We'll be hitting the trails and tracks to get our legs under us. Here's a quick snapshot of what's ahead:

- **Consistency is Key:** Progress happens in the miles you run when no one is watching.
- **Team Culture:** We win as a team and we grow as a team. High-fives and encouragement are mandatory!
- **The "PR" Mindset:** While we love a podium finish, our primary goal is the **Personal Record (PR)**—improving yourself every single day.

Checklist for the First Week

Before we lace up and head out, make sure you've checked off the following:

Item	Status	Why it Matters
Physical Exam	Required	You can't practice without an updated form on file!

Proper Shoes	Recommended	Visit a local running shop to avoid injury.
Water Bottle	Essential	Hydration starts <i>before</i> practice begins.
Positive Attitude	Mandatory	The hills feel shorter when you're smiling.

Summer Practice Schedule (These are Optional)

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1.	2.	3.	4.
5.	6.	7.	8.	9.	10.	11.
12.	13.	14.	15. Dudley Woods Park 8 to 9:30	16.	17. VOA 8 to 9:30	18.
19.	20. Hopewell JR 8 to 9:30	21.	22. Keehner Park 8 to 9:30	23.	24. Liberty JR 8 to 9:30	25.
26.	27. Hopewell JR 8 to 9:30	28.	29. Beckett Park 8 to 9:30	30.	31. Liberty JR 8 to 9:30	

First Day Of Practice

August 3 at Hopewell Junior 8 to 9:30

We can't wait to see the grit and determination you'll bring to the trails this year. Let's make this the best season yet!

Go East!

Coach

Hopewell- Chaz Meyer (charles.meyer@lakotaonline.com)

Liberty- Kelly Collett (kelly.collett@lakotaonline.com)

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