

Hello!

Summer is near and that means it is time for summer conditioning. I will be holding a practice for conditioning and injury prevention strength training, these are optional but a fun way to connect with teammates and ensure you are getting some kind of a workout. For those of you wanting to run more competitively, you will also need to run on your own time, I will be sharing a Google spreadsheet with you (HS only). Each runner that signs up will have a time to track your mileage. You will notice more intense workouts for advanced runners and easier workouts for those starting out. Do what you need to do, too much mileage too early will lead to injury.



## Important Dates & Reminders

Download & subscribe to the team on SportsYou

Download the app here: <https://sportsyou.app>

High School 32NV-4SR6

Middle School SHS6-MQ9E

- June 1st- update Final Forms <https://unionnorth-in.finalforms.com/>
- June 5th Summer Conditioning begins Mondays & Thursdays 5-6:30 pm  
Bring a water bottle and meet at Door G.
- July 3rd-July 7th Moratorium: No Team Contact-Run on Your Own
- First Day of Practice: **Monday, August 7th at 5p-6:30. You must have a current physical on file & have final forms completed (Tuesday 8/8 5-6:30pm)**
- August 9th: First Day of School Practice will be Mondays-Fridays after school until 5pm (Elementary Students on JH team bring a note and ride the designated bus to High School)
- Monday, August 14th at 6:30 pm-Parent Meeting
- Thursday, 8/17 First Meet

Have a great summer!

Coach Ecker

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If you have other commitments in the fall see me, maybe we can find a way to work around or split time.