

# Summer Information for Cross Country



We are very excited that you have shown interest in becoming part of our LMS Cross Country team. As a member of the Cross Country team, you will work hard, improve your running, become more physically fit, and be part of a team that will not only make you a better runner, but will also make you a better person.

It is state mandated that all athletes have a completed and signed [OHSAA PHYSICAL FORM](#) on file with the athletic department before any participation is permitted. Please drop the signed OHSAA Physical form to the LMS office or scan it via email to Mr. Bruce, LMS Athletic Director ([bruceja@lovelandschools.org](mailto:bruceja@lovelandschools.org)).

All other paperwork is to be completed online by using [Final Forms](#).

**Boys' head coach:** John Waple

**Girls' head coach:** Carol Adams

**Assistant Coaches:** Jonathan Franklin and Julia Gibson

## **Summer Conditioning at the High School**

Beginning July 10, middle school runners can participate in a conditioning program at Loveland High School. We will meet at 8:00 am on Mondays and Wednesdays, at the top of the hill near the playset. On Fridays, we will run at Home of the Brave. Please bring a water bottle and a towel to practice.

Parents are asked to pick up students no later than **9:15**.

## **Tips for summer running:**

- Warm up for at least five minutes before you run.
- Drink lots of water daily.
- Get running shoes.
- Try to run at least 3 miles a day, five days a week.
- Make one day harder than the others.
- 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.

If you have any questions, contact Coach Adams ([cooperadams@yahoo.com](mailto:cooperadams@yahoo.com)) or Coach Waple at [waplejo@lovelandschools.org](mailto:waplejo@lovelandschools.org) for more information.

## **Important Dates**

**June 12-16**-Cross Country Camp at LHS

**July 10th**-optional conditioning begins at the HS 8-9:15

**July 29<sup>th</sup>**-8<sup>th</sup> grade Leadership Day 10-1:00 at Lake Isabella

**July 31<sup>st</sup>** -First Day of Practice-**switch to LMS**

**August 14<sup>th</sup>**- practices **switch to 2:35-4**

Tentative Race Schedule (2023):

8/26 Lakota East @ VOS

9/2 Loveland Invite @ Home of the Brave

9/9 Mason @ Mason

9/16 Milford @ new location TBD/Springboro possible back-up

9/18 Vic Roberts @ Plains

9/23 Firebird Invitational @ Lettering

9/25 Goshen @ Goshen

9/28 Sycamore @ Summit Park

10/3 Carroll Invitational

10/14 ECC Championships @ Lebanon