

Oswego East Summer Running Camp 2019 www.oswegoeastmensxctf.com + @OEHSmensXCTF

Important info:

Practice every day Monday-Friday no matter the weather. For severe weather we'll go inside at OEHS

Have good/fresh running shoes, proper apparel (t-shirts, shorts, long-sleeve shirt, etc), and a watch.

10th through 12th grade runners will meet Tuesday +Thursday at 3:30pm at Crossroads for a second workout

Thursday: 10th through 12th graders (6th-9th graders optional) will get in the pool on Thursdays at 6:15am. Bring a swim suit and towel. We will still run afterwards at 7:00am.

The training room will be open every day after practice for the athletes to properly recover from our workouts by ice bathing.

Remind Messaging: text @9d9ge4 to 81010

Important Dates:

June 22 – Community Run @ Plank

July 11 – 5k on the track at Neuqua Valley HS

July 1– July 5: No official Camp. High School runners will still meet for Summer Husky Challenge Week.

July 4 – No Frills XC 5K at OEHS 7pm.

July 26 – Detweiller at Dark 3mi XC Race.

August 8 – No Frills XC Team Challenge 5K at OEHS 7pm

Oswego East Summer Running Camp 2019 www.oswegoeastmensxctf.com + @OEHSmensXCTF

Important info:

Practice every day Monday-Friday no matter the weather. For severe weather we'll go inside at OEHS

Have good/fresh running shoes, proper apparel (t-shirts, shorts, long-sleeve shirt, etc), and a watch.

10th through 12th grade runners will meet Tuesday +Thursday at 3:30pm at Crossroads for a second workout

Thursday: 10th through 12th graders (6th-9th graders optional) will get in the pool on Thursdays at 6:15am. Bring a swim suit and towel. We will still run afterwards at 7:00am.

The training room will be open every day after practice for the athletes to properly recover from our workouts by ice bathing.

Remind Messaging: text @9d9ge4 to 81010

Important Dates:

June 22 – Community Run @ Plank

July 11 – 5k on the track at Neuqua Valley HS

July 1– July 5: No official Camp. High School runners will still meet for Summer Husky Challenge Week.

July 4 – No Frills XC 5K at OEHS 7pm.

July 26 – Detweiller at Dark 3mi XC Race.

August 8 – No Frills XC Team Challenge 5K at OEHS 7pm