



# LVMS Summer Running

(incoming 7th and 8th boys and girls)



\*Summer running is open to all LVMS athletes. Athletes will learn the mechanics of running and proper running form while building their speed and endurance.

\*There is NO cost to attend, and it is not required to attend everyday. Join when you can, but remember, the work you put in now, will help you in the future.

\*Wear comfortable running clothes and have a good pair of running shoes. Please also always bring water.

**Communication:** Download STACK TEAM APP and register your email. Search for either: LVMS Girls Athletics OR LVMS Boys Athletics. Send a request to join with your first and last name.

**\*\*Check notifications for updates\*\***



## **DATES and TIMES:**

\*MAY 20th - 5:00pm - 5:30pm - time trial at the HS track (athletes can ride a bus to the HS if needed) After the time trial, all summer running athletes are welcome to join the HS XC team at Tessera Pool. Athletes will need to provide their own transportation there.

**\*\*Don't forget: Summer Running shirts available for \$10\*\***

### **\*Starting JUNE 3rd - June 20th:**

Tuesday and Thursday - @ HS track 7:30am - 9:00am

Wednesday - @ Bar-K park 7:30am - 9:00am

2025 JUNE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2025 JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### **\*During LVMS Strength and Conditioning Camp: starts week of June 23rd through July 24th**

Monday and Wednesday - @ MS 7:30am - 9:00am

Tuesday and Thursday - @ HS track 7:30am - 9:00am