

# Lakeland Cross Country Summer 2023

## Optional Runs, Weight Room, and Start of Season Practices

### SUMMER OPTIONAL GROUP RUNS: Open to grades 6-12

- Monday, June 5- Friday, June 9th                      2:30-3:30PM                      LHS Track
- Monday, June 12th- Friday, June 16th                      8:00-9:00AM                      LHS Track
- Random times throughout the rest of the summer
  - Sign up for remind messages to receive the communications about these dates and times
- *Make sure to wear running attire, especially running shoes, to these optional group runs. Also bring a filled water bottle so you don't dehydrate!*

### SUMMER WEIGHTS: Open to grades 6-12

- Monday, Tuesday, Wednesday, Thursday
- Boys 7:00AM
- Girls 8:00AM
- *These sessions are led by Tim Kiefer in the LHS weight room.*

### START OF SEASON PRACTICES FOR HIGH SCHOOL RUNNERS ONLY PLEASE PLAN SUMMER ACCORDINGLY!

<b>AUGUST</b> <b>7</b> Meet at LHS student parking lot at 3:00PM to caravan to Farragut State Park (\$7 per car entry fee paid by each car)  OVERNIGHT at FARRAGUT	<b>8</b> Continue camping at Farragut	<b>9</b> Arrive back at LHS between 10:30-11:00AM from Farragut camping trip	<b>10</b> Practice LHS Track 8:00-9:30AM	<b>11</b> Practice LHS Track 8:00-9:30AM
<b>14</b> Practice LHS Track 8:00-9:30AM	<b>15</b> Practice LHS Track 8:00-9:30AM	<b>16</b> Practice LHS Track 8:00-9:30AM	<b>17</b> Practice LHS Track 8:00-9:30AM	<b>18</b> Practice LHS Track 8:00-9:30AM

21 Practice LHS Track 8:00-9:30AM	22 Practice LHS Track 8:00-9:30AM	23 Practice LHSTrack 8:00-9:30AM	24 Practice LHS Track 8:00-9:30AM	25 <b>Libby Meet  10AM</b>
28 Practice LHS Track 2:30-4:00PM	29 Practice LHS Track 2:30-4:00PM	30 Practice LHS Track 2:30-4:00PM	31 <b>PF River Run  Meet- 4:00PM  Start</b>	