



Waukee Girls "Run As One" Cross Country 2020



- Summer running workouts will be given starting Monday, June 15th. All workouts in June must be completed alone outside of school.
- Coach Schmitz will email weekly updates beginning in June with training information for athletes and parents.
- Starting July 1st summer running group opportunities will be Monday-Thursday from 8:00-9:30.
- Starting July 1st summer weightlifting is Tues. and Thurs. from 7:00-8:00AM. Girls meet in the high school weight room.
- We will meet at the high school outside of the weight room for the 8:00 run.
- Starting July 1st seniors will lead Friday summer runs for sophomores, juniors, and seniors at different locations each week. Location will be shared on Twitter.
- Fall Kickoff Meeting is Sunday, August 2nd (9-12th grade). The meeting will start at 6:30 in Waukee Fieldhouse
- Cross country season officially begins Monday, August 10th. Practices will be held in the afternoons from 3:30-5:15.

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*All summer weather changes/cancellations will be communicated on Twitter.

