

BDHS Cross Country 2011 Summer Conditioning Schedule

Coach: Eric Ade

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Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	6-13 Shoaff Park	6-14 <i>optional</i>	6-15 Concordia Seminary	6-16 <i>optional</i>	6-17 Franke Park	6-18 TRRC (optional)	6-19 Rest
2	6-20 Shoaff Park	6-21 <i>optional</i>	6-22 Concordia Seminary	6-23 <i>optional</i>	6-24 Franke Park	6-25 TRRC (optional)	6-26 Rest
3	6-27 Shoaff Park	6-28 <i>optional</i>	6-29 Concordia Seminary	6-30 <i>optional</i>	7-1 Franke Park	7-2 TRRC (optional)	7-3 Rest
4	7-4 Shoaff Park	7-5 <i>optional</i>	7-6 Concordia Seminary	7-7 <i>optional</i>	7-8 Franke Park	7-9 Runners on Parade 5k	7-10 Rest
5	7-11 Shoaff Park	7-12 IPFW	7-13 Concordia Seminary	7-14 Dwenger	7-15 Franke Park	7-16 Cook's Landing	7-17 Rest
6	7-18 Shoaff Park	7-19 IPFW	7-20 Concordia Seminary	7-21 Dwenger	7-22 Franke Park	7-23 TRRC	7-24 Rest
7	7-25 Shoaff Park	7-26 IPFW	7-27 Concordia Seminary	7-28 Dwenger	7-29 Franke Park	7-30 Cook's Landing	7-31 Rest

- Shoaff Park - meet at the building near the baseball field
 - IPFW - meet by the tennis courts
 - Concordia Seminary - meet in the back left parking lot by the soccer fields
 - Dwenger - meet outside the SAC doors
 - Franke Park - meet in the parking lot next to the main pavilion
 - TRRC - meet at Three Rivers Running Co (4227 North Clinton Street)
 - Cook's Landing - meet at Cook's Landing Park on the corner of Coldwater & Shoaff Road north of Cedar Canyons Road
- **Mon/Wed/Fri** **Practice begins at 7:30 am and ends between 8:45 and 9:00 am.**
 - **Sat** **Practice begins at 8:00 am and ends between 9:00 and 9:15 am.**
- All runners will meet for conditioning on Mon/Wed/Fri for the first several weeks.
 - Upperclassmen and individuals approved by Coach Ade will meet on Saturday mornings.
 - Some runners, determined on an individual basis, will be encouraged to run on Tues/Thurs.
 - Moratorium week is July 4-July 10. Athletes may meet on their own to run, but a coach will not be present. Athletes cannot meet at school that week.
 - We volunteer at the Firecracker 4-mile. This helps us raise money for team shirts. Runners and parents are encouraged to help with registration, water stops, and finish line duties.
 - Runners must have a completed IHSAA sports physical by August 1, which is the first official day of practice. I encourage you to turn it in asap (even June 13th).
 - Runners need to log summer mileage on www.running2win.com. Create a username and join the "BD_Saints" team. Then just start logging your mileage.
 - Please make sure you have a proper pair of running shoes for summer conditioning. We will place a team order in mid-June.

"Failure is not an option." - Eric Ade