



## MVJH XC Conditioning Workouts



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**Who:** Any 6th, 7th, or 8th grade boy or girl interested in running XC this upcoming season!

**When:** 7/16, 7/18, 7/19, 7/30, 8/1, 8/2  
7:00-8:15 AM

**What:** A jumpstart on the season through conditioning drills and workouts

**Where:** Meet at the high school track  
(Stretching starts promptly at 7 AM)

**Bring:** Running attire (t-shirt, shorts, running shoes) & a water bottle

- \*Students must have a physical form on file to participate!
- \*Conditioning is not mandatory but highly recommended to get in shape for the upcoming season!
- \*If you have any questions or concerns or need more information, please contact Coach Kasey Spindler at (812) 664-4651 or [spindlerkm@mvschool.org](mailto:spindlerkm@mvschool.org)