

2020 Clinton MS Cross Country
Summer Conditioning Schedule

Summer conditioning will occur Monday-Thursday beginning June 15 at the middle school from 8:00-9:45 a.m. The tentative summer schedule is listed below.

Any runner that had a physical on file for the 2019-2020 school year will be able to sign a waiver for the 2020-2021 school year. All other runners would be required to get a physical by August 24.

Specific times for conditioning or any changes to this schedule will be emailed out weekly and/or communicated on the Remind app (Text @delezenne to 81010). Please join our Facebook group by searching Clinton Middle School Cross Country and @ClintonMSXC on Twitter.

All conditioning sessions are optional.

June 15-18

June 22-25

June 29-July 2

July 6-9

July 13-16

July 20-23

July 27-30

August 3-6

August 10-13

August 12: MSXC Parent Meeting at HS 6:00 PM - Room 116 (enter via library)

August 17-20

August 22: Tecumseh Preview (Optional). Time TBA.

August 24: Official practice begins. Time TBA.