



McQueen Track & Field/XC Offseason summer conditioning 2021

Register My Athlete: Make sure clearance is complete, all fees paid, and physicals completed if needed. (freshman, juniors and any first time athletes need a physical)

Offseason summer conditioning program for both Track and Cross Country will start Monday June 14th

- All athletes across sports are welcomed to get in shape!
- Voluntary conditioning Practices will be:
 - Monday, Tuesday, Wednesday
 - 8am-10:30am at Northgate Park across from Billing Hurst Middle school
 - *McQueen Campus closed until June 29th*
- Be sure to bring your own water, extra water, extra socks, extra layers of clothing, good running shoes and a positive attitude!
- **Every runner must have a mask**
- *First official Day of Cross Country: Saturday August 14th*

Check-in with the provided QR code must be done before every practice!



Any questions contact Coach Paul
Email: paul.deleon@washoeschools.net
Phone: 775-722-4088

[Join Remind app for updates XC: @xcmcq Track & Field: @mcqtf](#)

“You don't have to be great to start but you have to start to be great.” –Zig Ziglar