



McQueen XC Offseason summer conditioning 2025

Register My Athlete: Clearance must be complete, all fees paid, and physicals completed if needed. (freshman, juniors, and any first-time athletes need a physical)

Offseason summer conditioning program for Cross Country will start June 2nd and go all summer. Get some workouts in for the season and get to know the team! All runners and ability levels are welcome!!!

Summer Conditioning Info



- Voluntary conditioning Practices will be:
 - Monday, Tuesday, Wednesday
 - 8am-10:30ish on the McQueen Baseball field
- Be sure to bring your own water, extra water, extra socks, extra layers of clothing, good running shoes and a positive attitude!
- **First official Day of Cross Country: Monday August 4th @8am on the McQueen Baseball field and will be Mon-Saturday**
- **Practice during the regular season will be Mon-Friday @3pm up on the baseball field with meets or practices most Fridays/Saturdays.**

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



- ⇒ **Join Remind app for updates XC:**
@xcmcq Track & Field: @mcqtf
<https://www.remind.com/join/xcmcq>
- ⇒ **Log summer miles with Strava app and see how everyone on the team is doing!**
<https://www.strava.com/clubs/677791>
- ⇒ **Cross country season schedule can be found on athletic.net (Schedule subject to change)**
<https://www.athletic.net/CrossCountry/School.aspx?SchoolID=2494>

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