



# 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 9<sup>th</sup> 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, Thursday
  - 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 4<sup>th</sup> @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***