

**2024 XC SEASON INFORMATION AVAILABLE AT [WARSAWXC.COM](http://WARSAWXC.COM)**

# **WARSAW BOYS CROSS COUNTRY 2024**

**RETURNS MONDAY JULY 8**



Welcome! Are you interested in getting involved, creating new friendships, and having a memorable high school experience? If so, we invite you to join the Warsaw Community High School Boys Cross Country team. Whether you're a seasoned runner or new to the sport, our program welcomes participants of all abilities. Last season, we had 51 runners on our roster, including 26 newcomers. We're confident that joining us is a decision you won't regret. We're also proud to say that we have distinguished ourselves as one of Indiana's top programs, securing several invitational wins, the Northern Lakes Conference Championship, a Sectional Championship, Regional Runner-Up, and an impressive 11th Place at the State Finals.

To learn more about our program, we invite parents and athletes to our Information Meeting on Monday, May 13, in the WCHS Cafeteria from 6:00 PM to 7:00 PM. Entrance is through the Performing Arts Center. The meeting will cover the 2024 season, including Offseason Training, Summer Training Schedule, Team Events, and all details for the upcoming Fall season. Join us to learn how you can be part of this journey.

**CALL OUT MEETING**

**WCHS CAFETERIA (CENTER AT THE PAC)**

**MONDAY MAY 13**

**6:00 PM - 7:00 PM**



**XC KICK OFF PARTY**

**LOCATION TBD**

**FRIDAY JUNE 14**

**7:00 PM - 10:00 PM**

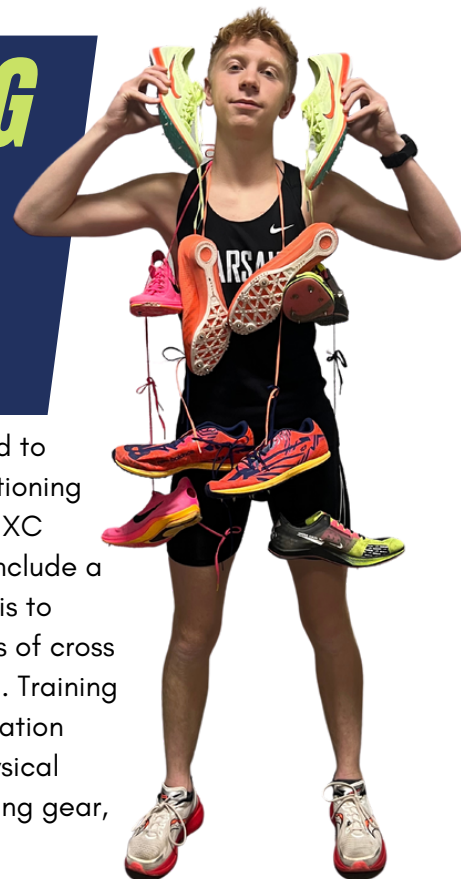
# SUMMER CONDITIONING

FOR 7TH GRADE THRU 12TH GRADE

MONDAY - THURSDAY | 8:30 AM - 10:00 AM

JULY 8TH - JULY 27TH

Join us for our optional summer conditioning sessions in July. We are committed to offering a supportive, enjoyable, and uplifting atmosphere. This summer conditioning offers middle and high school student-athletes the chance to receive tailored XC training while building connections with teammates and peers. Activities will include a variety of easy runs, tempo runs, hill workouts, fun games, and more. Our goal is to impart knowledge and insights on both the physical and psychological aspects of cross country, all while preparing our athletes for the competitive Fall season ahead. Training will be adapted to suit each athlete's current fitness level and grade. Participation requires registration through Register My Athlete, completion of the IHSAA Physical form, and enrollment on ParentSquare. Athletes should have appropriate running gear, shoes, a watch, and a water bottle.



## MONDAY

WCHS XC COURSE  
HILLS + STRENGTH

## TUESDAY

WINONA LAKE PARK  
EASY RUN + GAMES

## WEDNESDAY

WCHS XC COURSE  
TEMPO + STRENGTH

## THURSDAY

WINONA LAKE PARK  
EASY RUN + GAMES



## WARSAW XC CAMPING TRIP

FOR GRADES 9TH THRU 12TH GRADE

MONDAY JULY 29 - THURSDAY AUGUST 1

## WARSAW XC ALUMNI 3K RACE

FUTURE VS CURRENT VS ALUMNI

FRIDAY AUGUST 2 6:30 PM