



2023 Liberty Cross Country Summer Conditioning Schedule and Information

Join Remind – Text @lhsxc2023 to the number 81010

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Summer Schedule:

****starts on Monday, June 5th**

Locations will be as follows:

Monday – Thursday: 5:30 am - Liberty High School Track

Friday: 5:30am – local mountain trail TBD

Conditioning will include warm up, dynamic drills, and running. Additional activities will include technique and form drills, hip strengthening and conditioning, plyometrics, and core work. Each activity will help prepare high school athletes for the Fall Cross Country season. A successful Fall begins with a proper Summer of training. Do not miss this opportunity to develop as a runner and form an important bond with your teammates.

Sports physicals are required for summer conditioning.

SPORTS PHYSICALS AND ATHLETIC CLEARANCE NEED TO BE COMPLETED BEFORE THE FIRST DAY OF PRACTICE – MONDAY, JUNE5th – NO EXCEPTIONS

We would like to invite you to consider joining the 2023 Liberty Cross Country team. Cross Country is a rigorous sport run over various terrain to determine which school has the strongest and fastest collection of male and female runners. Who should consider running?

- If you ran in middle school and plan on competing this Fall
- If you ran track (any event) and do not participate in a Fall sport
- If you participate in a winter sport and do not participate in a fall sport it will greatly improve your speed and endurance as well as help you adjust to high school athletics
- If you enjoy running and want a chance to run with others
- If you want to be a part of a team sport, build character and friendships that will last a life time

Experience with Cross Country is NOT required; only hard work, excellent character, and a commitment to pursuing excellence. There are NO cuts, NO benchwarmers, EVERYONE competes. We look forward to seeing you this summer as we pursue improvement, excellence in running, and a sectional title in the fall.

Coach Ostrus & Coach Crissy