

2019



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# SUMMER CONDITIONING

\*\*\*Although Conditioning attendance is not mandatory, establishing a regular running routine is essential to having a healthy and successful season.  
*Everyone can find 10-30 minutes a day to commit to their fitness, their team and school.*

## WHEN

Time: M-T-W-R 7:30-8:30am

## Dates:

Off Week-6/3-6/7 (Establish Good Habits)

Session One-6/10-6/29

Off Week-7/1-7/5

Session Two-7/8-8/2

\*Destination Runs-TBA @ Sunset Hill/Maple Lake/Dunes

*\*\*80% Attendance in summer sessions will help you earn points towards your letter.*

**THE 2019 SEASON OFFICIALLY STARTS**

**MONDAY AUGUST 5<sup>th</sup>!!!**

## Supervision

\*Ty Artherhults: Head Boys & Girls Coach

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\*Tony Curatolo: Assistant Coach

## WHERE



Meet @ HHS Track

## WHAT TO EXPECT

- Encouragement
- Personalized Training
- Stretching
- Running
- Strength Training
- Ultimate Frisbee Days!
- Ice Pops & Prizes!
- Good People!!!!

## WHO

Anyone Interested In:

- HS Cross Country
- MS Cross Country
- Getting Fit!
- Having Fun!
- All Ability/Fitness Levels Welcome!



## GIRLS TEAM HIGHLIGHTES

NCC RECORD 2012-2015

32-4

HOBART INVITE CHAMPIONS

2010-2011-2012-2013-2014-2015-2016

NCC CHAMPIONS

2012-2013

NCC RUNNER-UP

2011-2014

SECTIONAL RUNNER-UP

2013-2014-2015

REGIONAL QUALIFIERS

2004-2005-2006-2008

2007-2011-2012-2013-2014-2015-2016-2017-2018

SEMI-STATE QUALIFIERS

2004-2007-2011-2012-2013-2014-2015-2016-2017-2018



2018 Semi-State Qualifiers



2017 Boys & Girls Semi-State Qualifiers



2011 Boys Regional Champions State Qualifiers

2011 Girls Semi-State Qualifiers NCC Champions



2017 Semi-State Qualifiers

## BOYS TEAM HIGHLIGHTES

HOBART INVITE CHAMPIONS

2010-2011-2012-2013-2014-2016-2017

NCC RUNNER-UP  
2011-2012-2013

SECTIONAL RUNNER-UP  
2012-2013

REGIONAL QUALIFIERS  
2005-2006-2008-2009

2010-2011-2012-2013-2014-2015-2016-2017-2018

SEMI-STATE QUALIFIERS  
2006-2010-2011-2012-2013-2017

STATE QUALIFIERS  
2011-2012



2016 Regional Qualifiers