

If you will be in 6th, 7th or 8th grade at PCMS during the 2019-20 school year, and plan to run cross country, you are welcome to attend conditioning this summer. These sessions are voluntary and will be held most Tuesdays, Wednesdays and Fridays with the high school cross country team. The workout will begin at **7:00 AM all days**. You will warm-up with the high school team, then begin a workout customized for 6th, 7th and 8th grade athletes. Each conditioning session will last about an hour. **You must have a 2019-20 physical on file at PCMS to participate in summer conditioning.** Listed below are all conditioning dates. The week of 7/1-7/6 will be Moratorium Week and no conditioning sessions will take place. Tuesday sessions will be held at Sodalis Nature Park. Runners will stay in the park and run on the marked trails in the woods. Each Wednesday we will meet in the shelter at Swinford Park near PCMS. You will run at the park. All Friday conditioning sessions will be held at Plainfield Community Middle School, meet on the track. We have a variety of routes to run from PCMS, both on school grounds and in nearby neighborhoods and parks. The high school coaching staff will be in attendance each session, working and running with athletes. If interested, please join the attached Remind sheet. **All communications will be sent out using that application, including weather cancellations.**

June: 4, 5, 7, 11, 12, 14, 18, 19, 21, 25, 26, 28

July: 9, 10, 12, 16, 17, 19, 23, 24, 26, 30, 31

August: 2* last date

Swinford Park	1007 Longfellow Drive
Sodalis Nature Park	7700 S County Rd 975 E.
PCMS	709 Stafford Rd

If you have any questions, please contact:

Joseph Hoffman, Varsity Cross Country Coach

jhoffman@plainfield.k12.in.in.us

2019 JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NO 19-20 PHYSICAL = NO PARTICIPATION on 6/4/19					1
2	3	4 7:00am Sodalis Park	5 7:00am Swinford Park	6	7 7:00am PCMS	8
9	10	11 7:00am Sodalis Park	12 7:00am Swinford Park	13	14 7:00am PCMS	15
16	17	18 7:00am Sodalis Park	19 7:00am Swinford Park	20	21 7:00am PCMS	22
23	24	25 7:00am Sodalis Park	26 7:00am Swinford Park	27	28 7:00am PCMS	29
30						



Sign up for important updates from Coach Hoffman.

Get information for Plainfield High School right on your phone—not on handouts.

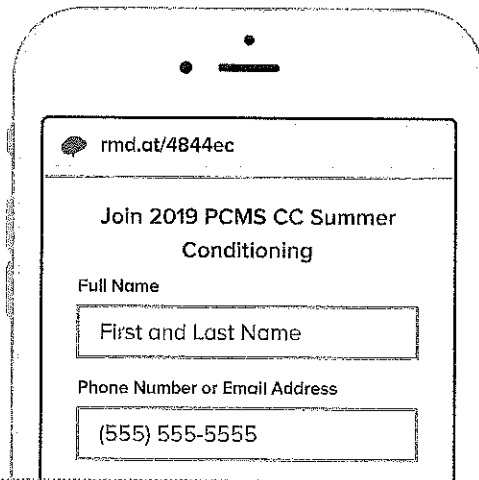
Pick a way to receive messages for **2019 PCMS CC Summer Conditioning**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/4844ec

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

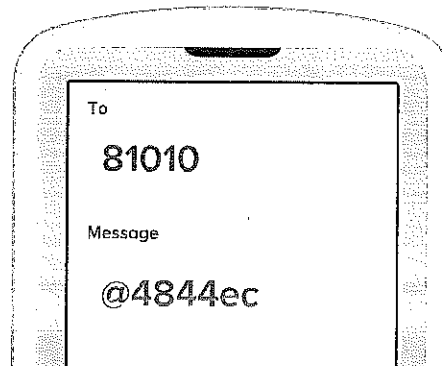


B If you don't have a smartphone, get text notifications.

Text the message @4844ec to the number 81010.

If you're having trouble with 81010, try texting @4844ec to (317) 608-1901.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/4844ec on a desktop computer to sign up for email notifications.