

SPARTAN SUMMER



PRE-SEASON CROSS COUNTRY

7:00AM – 9:00AM

Vista Grande Weight Room & Small Gym



XC Summer Practice DATES

June = 4-5 6	(Tues- Wed- Thur)
June = 10-11-12-13	(Mon- Tues- Wed- Thur)
June = 17-18-19-20	(Mon-Tues- Wed- Thur)
June = 24- 25-26-27	(Mon- Tues- Wed- Thur)
July = 1-2-3-4	(Mon- Tue- Wed- Thur)

- **Pinetop AZ- Summer Camp = July 8-9-10-11**
- Must Attend 70% of Summer Practices to Attend Summer Camp
- Cost Approx. \$200 ea. (Minus -Sold Car Wash Tickets)
- Car Wash Sat. June 29th Sonic Drive- In
- Must Have Physical to Attend Summer Camp
- Summer Camp Limited to *Top 7 boys Top 7 Girls = Joining XC*



Questions Contact Coach Salcido-Grigg

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