



SPARTAN

Summer Conditioning

XC & TF 8-10am or 7-9am (TBD)

18 days + CAMP = 23

JUNE

Tues. 6	Wed. 7	Thur. 8	
Tues. 13	Wed. 14	Thur. 15	
Mon. 19	Tues. 20	Wed. 21	Thur. 22
Mon. 26	Tues. 27	Wed. 28	Thur. 29

JULY

Mon. 3	Tues. 4	Wed. 5	Thur. 6
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Sat. July 8th CAR WASH for CAMP



SUMMER CAMP- JULY 10-14th

Must attend Summer Training to go to New Mexico-
Must join 2023 XC Team- Only 14 athletes allowed.



1 st day of SCHOOL	Thur. July 20
1 st day of XC Practice	Mon. July 24

Contact Coach Salcido- Grigg

480-262-6077 csalcido@cguhsd.org