

**JOIN VG~XC!**

# **Cross Country**

Summer Training & Weight Room

**June 1 - July 16**

**Mon-Tues-Wed-Thurs** **7-9am**

**Contact Mrs. Salcido Grigg for more Info.**

**[csalcido@cguhsd.org](mailto:csalcido@cguhsd.org) 480-262-6077 cell**

**Follow us on INSTAGRAM = [spartansxctf](https://www.instagram.com/spartansxctf)**

# VG XC SUMMER TRAINING DATES

Be Hydrated- Bring Mask & Water- Hat- Sunscreen- Cooling Towel

June 1- 2-3

7-8-9-10

14-15-16-17

21-22-23-24 ?? Week TBD

Sat. 26<sup>th</sup> CAR WASH -Tickets Due.

28-29-30

July 1-5-6-7-8

12-13-14-15-16 NEW MEXICO Summer Training Camp

August 26<sup>th</sup> First Day of School - 1<sup>st</sup> Day of Practice

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