

VISTA GRANDE SPARTAN CROSS COUNTRY TEAM



SUMMER MILE CLUB, STRENGTH & CONDITIONING

IS FREE & OPEN
TO ALL MIDDLE
SCHOOL & HIGH
SCHOOL
STUDENTS

INTERESTED IN
JOINING

**SPARTAN
CROSS
COUNTRY.**

Practice DATES 7-9am

May 31st June 1-2

June 6-7-8-9

June 14-15-16

June 21-22-23

*Car Wash Sat. June 25th *Camp Money Due

*New Mexico CAMP 26-30th *Physical Mandatory July 5-6-7

July 11-12-13-14

1st day of School = 1st day of XC Practice Mon. July 26th

Contact Information

Coach Salcido- Grigg

csalcido@cguhsd.org

480-262-6077

*We'll also be participating in the
Arizona Road Racers Summer Running Series*

Sunday June 12th

Monday July 4th

Saturday July 23rd

Saturday August 7th

<https://arizonaroadracers.com/events/races/>