



“Cross Country is a summer sport contested in the fall”



The PCCS Cross Country and Track coaches are offering additional training opportunities throughout the summer.

Summer conditioning is essential to success in the fall sport of cross country.

There will be 4 training opportunities available per week, beginning **June 10th** and continuing through July 25. Come to as many as you want...at least 2 per week is recommended.

Sessions are open for rising 5th through rising 8th grade athletes of all ability levels. Just come prepared to work hard.

Training sessions are free.

Parents: You are encouraged to participate if you want!

Dates and Times:

Monday and Wednesday

630-8pm

Warren Almond Campus Track

Tuesday and Thursday

9-10am

Carson Building by the bike racks

Stay informed about cancellations: Join the Facebook group PCCS Cross Country and Track Families...we will announce cancellations there.

Organizers:

Mr. Andrews: jandrews.mth@gmail.com, 224-803-0964

Mr. Mertz: jtmertz@gmail.com, 224-558-1897