

2018 HS Cross Country Pre-Season



When: Tuesday July 10th - Friday August 3rd

Where / When:

Tuesday - Cortina Pool Park (Cortina is on Power and Germann) Pool park is on 188th and Ryan Rd.

Thursday - Hawes Hill (south on Hawes from ALA until Hawes Rd. ends)

Friday - Desert Mountain Park (unless otherwise specified)

Time: 5:45 am - 7:00 am

What: - Cardio, form, and strength training. Pre-season is vital to a successful cross country program!

Cost : \$ 30 per athlete - \$25 each for 2 or more siblings (all funds will go into our Cross Country program)

Pre- season - Please return in an envelope with athlete's name on it by the first day of pre-season

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| Athletes Name: |
| Parent Name: |
| Parent Email Address: |
| \$30 for one athlete or \$25 for two or more --- |
| Total Enclosed: (Checks payable to ALA booster / cross country in the note) |