

ALA QC Patriots 2022 HS Cross Country Pre-Season



When: Tuesday July 12th - Friday August 5th - (subject to change)

Where / Days:

Tuesday - Cortina Pool Park (Cortina is on Power and Germann) Pool park is on 188th and Ryan Rd. Just North of Cortina elementary school

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

Friday - Mansel Carter Oasis 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!

Follow us on Instagram: @alaqcxc

Coaches Contact: Coach DeLano hdelano@alchools.org

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