



Decide, Commit, Succeed !!!

Summer Practice is
Monday June 6th
Meeting at the track at 9am.

Summer Training:

- May-25th/June-6th EZ mileage. EZ runs on your own.
- June- Mileage buildup and strength development
- July 8th Time trial for camp! Top runners qualify for camp!
- July-12-14th Team Camp Cascade Idaho
 - Goal Development and Attainment Skills
 - Increased Self Confidence, Higher Academic outcomes
- It's more than just running it's a FAMILY ☐

Greatness Starts in the Summer!

- Teams that run in the summer are on the podium at the end of October.
- We will meet M-F at 9am for Summer developmental training.
 - Monday @ Timberline's Track
 - Tuesday @ Timberline's Track
 - Wednesday @ Timberline's Track
 - Thursday @ Camels Back park
 - Friday @ Timberline's Track
 - Saturday @ Ft Boise park 9am

Check www.timberlinexc.com for team, camp related information!

Contact coach Axtman if you have any questions. ty.axtman@boiseschools.org