



Cross Country

Program goals: Welcome to cross-country! The SHMS program is designed to help student athletes in grades 6-8 develop an interest in running as a lifetime sport. All students will work to improve their individual fitness level. Students will have the opportunity to be a part of a team and learn to experience success in a fun, enthusiastic atmosphere. A positive attitude is a must. Practices will focus on developing aerobic capacity and endurance, learning to run at a pace, race strategy, and good sportsmanship. Practices will consist of a mix of longer runs, high-intensity interval training, and games to keep things fun and interesting.

Fun Runs: Tuesdays and Thursdays 7/31-8/16. Open to any student. Meet at Vista Bonita Park, corner of El Camino and Caliente Ave (behind Swensens) at 6:45 a.m. Students will return to the park by 7:30 a.m.

Try-Outs: There are no try-outs for cross country. Any student who would like to be on the team may join. Practices begin Thursday 8/20 after school.

Practices: Monday-Friday 4:00-5:30 p.m. at South Hills Middle School.

Date	Day	Host School	Place	Bus Leaves
9/7/18	Friday	Wood River	Sage Willows	1:30 PM
9/13/18	Thursday	Kimberly	Magic Mountain	1:30 PM
9/20/18	Thursday	Jerome	Jerome MS	2:30 PM
9/27/18	Thursday	South Hills	Home	
10/3/18	Wednesday	O'Leary/Stuart	Rock Creek	3:15 PM
10/11/18	Thursday	East/West Minico	Lake Walcott	

Coach Information: Coach Sarah Thornborrow: barkersa@tfdsd.org

