



# 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.

**Try-Outs:** There are no try-outs for cross country. Any student who would like to be on the team may join. Practices begin Monday 8/19 after school. **Must have a physical on file.**

**Practices:** Monday 6:30-7:30 am; Tuesday-Friday 4:-5:00 p.m. at South Hills Middle School by the gate above the football field.

Date	Day	Opponent	Place	Bus Leaves
9/2/21	Thursday	Burley	Pomerelle Mountain	1:30 PM
9/10/21	Friday	Wood River	Wood River MS	1:30 PM
9/16/21	Thursday	Jerome	Jerome MS	2:30 PM
9/22/21	Wednesday	Home Meet	SHMS	
9/29/21	Wednesday	O'Leary/Stuart	Rock Creek	2:45 PM
10/7/21	Thursday	Robert Stuart	Lake Walcott	1:00 PM

**Coach Information:** Coach Coats: [coatsem@tfdsd.org](mailto:coatsem@tfdsd.org)