

Try Cross Country for 3-days

Come to practice Thursday, Friday, and Saturday. If you are not hooked after three days then you can choose to leave the team, no questions asked. Give it an honest shot and you can try something new with no regrets.

Schedule: Thursday and Friday the team will meet in the classrooms on the indoor track at 2:45pm. On Saturday the team will meet on the outdoor track at 9:00am. Practice will end approximately at 5:30pm on the weekdays and 11:00am on Saturday.

Come dressed to work out.

Bring the bottom of this slip with you to Thursday's practice

Your Name: _____

Parent Signature: _____

Parent Phone #: _____

Parent Email: _____

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