I WOULD LIKE TO RUN CROSS COUNTRY BECAUSE

- No prior experience necessary
- Excellent athletic experience
- Family environment
- Championship program
- Scholarships opportunities
- Personal improvement
- Mental and physical test
- One of the biggest teams on campus
  - 75 already signed up
- No Tryouts

FUN THINGS TO DO!

- Magic Mountain Field Trip!
- Big Bear Summer Training Camp!
- Color Run!
- Pasta Team Dinners
- Team building games!

Coach Ramirez
cramirez@rowlandschools.org
rowlandcrosscountry.com
Rowland Cross Country uses a combination of weight training, hill repeats, long distance running, sprinting, interval training, foam rolling, pool workouts, and core strengthening to fully develop a complete athlete.

There are no tryouts for Cross Country. No prior experience is necessary! The season goes until November, so start today. Practices will begin over the summer, each week, Monday-Friday from 6 pm-7:30 pm on the Rowland Track. Practices continue when school begins during 7th period until 4:30 pm.

Our Runners come first!

Growth is the foundation of our program and the team gets bigger and bigger each year. We will help runners develop and reach goals though hard work, accountability, and maintaining a positive attitude. We seek to be dominant at every level in the Valle Vista League and strive to be the best running program in the San Gabriel Valley.

Before you can officially come out to the team you must go to www.rowlandcrosscountry.com. Complete the Interested Athlete Survey to provide us some background and contact info for you.

9th Grade Orientation Meeting on Monday, June 10th at 6:00 pm in the Hideout

First Day of Practice on Monday June 24th at 6:00 pm on the Rowland Track