



# CASTAIC HIGH SCHOOL CROSS-COUNTRY

We invite everyone to join  
Castaic High School  
Cross-Country Team

What to bring to practice:

- Sports watch (a watch w/ the capability of a stopwatch i.e.: TIMEX)
- Running shoes (Asics, Brooks, Saucony)
- Bottled water every day of practice
- Towel
- Please hydrate before practice! It's really a habit to get used to.

Hope to see you soon!!

BE PART OF OUR 1<sup>ST</sup>  
SEASON!

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RUNNING  
CROSS COUNTRY  
WILL MAKE YOU

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FASTER, STRONGER,  
AND A BETTER  
ATHLETE IN EVERY  
OTHER SPORT.

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NO EXPERIENCE  
NECESSARY

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YOU WILL BE  
RUNNING SEVERAL  
MILES BEFORE YOU  
KNOW IT!

If you would like to join us,  
all you have to do is contact  
Coach Hunter

[Castaiccrosscountry@gmail.com](mailto:Castaiccrosscountry@gmail.com)