



CASTAIC HIGH SCHOOL **CROSS-COUNTRY**

We invite everyone to join our Castaic High School Cross-Country summer program.

Training will begin July 1st. It will be a six-week program. Practice will be from 6pm-8pm Monday-Friday, at various trails around our city.

What to bring to practice:

- Sports watch (a watch w/ the capability of a stopwatch i.e.: TIMEX)
- Running shoes
- 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 1ST
SEASON!

RUNNING CROSS
COUNTRY WILL
MAKE YOU

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

NO EXPERIENCE
NECESSARY

YOU WILL BE
RUNNING SEVERAL
MILES BEFORE YOU
KNOW IT!

If you would like to join our summer program all you have to do is contact Coach Hunter
Meri417@msn.com
Practice
July 1st -Aug. 9th
Mon-Fri 6pm-8pm