

Want to Excel in Cross Country?

Come join your teammates in a summer long training program that will get you a step ahead for the cross country season. There is a summer long training opportunity to help you become a better athlete and a better runner. You will have the opportunity to grow as a team and to meet some great runners your same age. This summer's training program will give you a total body conditioning opportunity and the best part of it is that you have fun while working out. The summer training program is open to all runners in the 6th – 12th Grades. Come be productive and come get stronger all summer.

INFO CAN BE FOUND ON:

WWW.WILDCATRUNNING.NET

All Cross Country runners planning to run in **High School at Cy Woods** need to attend a mandatory parent/athlete meeting on **MAY 9th** at 6:30 PM in the large gym at Cy Woods. Failure to attend could affect your participation. All details pertaining running Cross Country at Cy Woods will be discussed. Mandatory practices begin August 6th at Cy Woods at 6:00 AM and info will be posted on our team website periodically until August at

www.wildcatrunning.net