**Spanish Fork High School Cross Country - Summer Program 2023**

Our 2023 season begins on May 29, 2023 as we begin to build the base mileage that will help us have a successful 2023 season.

**300 Mile Club and New to this year 500 Mile Club**

Earn the coveted 300 mile club tshirt by running 300 miles between May 29th and August 27th. New this year is a 500 mile club custom designed tshirt for all those who run 500 miles between May 29th and August 27th.

You must run at least 150 miles of your 300/500 mile club mileage on team runs Mondays-Fridays.

<https://docs.google.com/spreadsheets/d/1lGhogTCQO_fQpd2tz9VbR3Y8byExFIhxF9QB39U1ARI/edit?usp=sharing>

**Important Dates**

May 29th - 31st St George XC Leadership Camp - by invitation only
June 12th   7am SF Sports Park  First team run

* Monday thru Thursday at 7am at the Sports Park
* Friday at 7am at the SF Reservoir

July 31st   7am SF Sports Park  Parent mtg: Pancake Breakfast, 1 mile time trial and Team Info
Aug 7th - 9th  XC Team Mountain Camp at Shadow Mountain - all athletes
Aug 14th 3pm SF Sports Park First team practice  Register My Athlete and Physical Due
Aug 19th 8am SF Sports Park First Meet  Pre-Region Meet

**Communication**

Team GroupMe group.You're invited to our 'SFHS XC 2023' on GroupMe. Click here to join: <https://groupme.com/join_group/94231356/hRsk3kkW>

Team web site: <https://sfhstrack.weebly.com/cross-country.html>

We look forward to an amazing 2023 XC season and a very fun summer of team building through team runs and team activities.

Darin Cable Head XC Coach 801-319-4268

Kris Cary Head XC Coach 801-669-6572

Chelsea Romney Asst XC Coach 801-794-9572

Brennen Woodward Asst XC Coach 385-535-3245