

Stillwater High School Cross Country Team 2010

Tryouts:

August 15 to August 21 (needs to show-up **all 7 days**)

*August 15 (Sunday) at 7:30 **p.m.** at high school track*

*August 16 to August 21 at **6:30 a.m.** at high school track*

Note: must have 2010 Athletic packet on file for tryouts.

Physical and Athletic packet-release forms-all completed:

All runners must have a new physical & athletic forms on file in the High School A.D. office by Monday **August 2, 2010.*

Summer Running Program:

Starts: June 1 at 6:30 a.m. at the high school track. It will meet 3 or 4 times a week and for all levels of training. This will give the runners someone to run with and something to do this summer to get ready for the fall cross country season. Information attached on the back of this form.

Summer Camp: June 27-July 1 in Crested Butte, Colorado or July 18 to 23, 2010 in Gunnison, Colorado at Western State

Saturday Morning Group runs or walks:

9:00 a.m. at the Boomer Lake-by the boat ramp/ sun desk on the west side of Boomer Lake. This is hosted by the Stillwater Running Club and is designed for the whole family to walk, jog or run at Boomer Lake.

Sunday Morning Group runs-6:30 a.m. at 19th & Country Club or at high school.

Contact information:

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The first day of classes at Stillwater High School- August 23, 2010 (Monday)