

2017 Girls XC Summer Training

Who: Incoming 8-12th grade girls aiming to build fitness and learn what it takes to be a successful distance runner!

Why: Be part of something great! Our success begins with a solid foundation built by training in the summer.

When & Where: Starts Monday, June 12 to Saturday, August 5 (see summer schedule for locations and times)

What: Group runs, quality workouts, strength, yoga instruction from Hot Yoga at Sunrise, team building activities. Alumni runners will help throughout the summer.

Cost: \$45 (payable to Fair Oaks Track Club, Coach Melanie Cleland, 4310 Winding Woods Way, Fair Oaks, CA 95628)

Groups are appropriately formed based on experience and ability levels. All ranges of ability levels are welcome. Come join the fun!

Questions? Call/Email:

Coach Melanie Cleland at 916-671-4238, melanie_cleland@att.net

Other Important Dates:

4th of July: no practice, Free 5 miler at Glen Hall Park at 8 am,

<http://www.buffalochips.com/358-2/>

Top 14 Varsity Girls Camp, July 25-29

All Girls Team Camp: Friday, August 18 – Sunday, August 20

First Day of Official Bella Vista team practice: Monday, August 8 (must have turned in your athletic packet to participate)

