

Sheldon Cross Country 2016

Greetings,

We are extremely excited that you are now a member of the Sheldon Cross Country team. Cross Country is a unique TEAM sport based on individual efforts. Competitions or meets are no longer than 5,000 meters (3.1 miles), raced over various terrains (parks, fields, golf courses, etc). As a member of Sheldon Cross Country, you will be part of a successful, challenging, and fun team. Below is some important information for both athletes and parents

Here is a list of things you will need to be prepared for the season:

Watch – I suggest Timex 30 lap. You can pick one up for \$30.00. There is no need to spend a lot of money on an expensive watch that has a lot of options you will never use. You will need a watch EVERYDAY.

Shoes – You should buy new shoes before starting practice. If you need help selecting a running shoe, I suggest going to the Eugene Running Company.

Clothing – Try to stay away from cotton and long heavy basketball shorts during hot weather. Be sure to have warm clothing, hat and gloves for cold weather.

PARENT MEETING:

Wednesday August 31st at 6:00 p.m. in Lecture Hall in Sheldon High School

**Coaching Staff: Brayce Forsha: brayceforsha@gmail.com & Erin Regali: eregali@comcast.net
Team website: www.sheldontfxc.org**

First Mandatory Practice is August 15th Schedule For August 15-September 2, 2016

Mon. August 15:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Tues. August 16: –	4pm @ Sheldon Track
Wed. August 17:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Thurs. August 18:	4pm @ Sheldon Track
Fri. August 19:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Sat. August 20:	8am @ Hendricks Park
Sun. August 21:	OFF
Mon. August 22:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Tues. August 23:	4pm @ Sheldon Track
Wed. August 24:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Thurs. August 25:	4pm @ Sheldon Track
Fri. August 26:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Sat. August 27:	8am @ Sheldon Track-Team Garage Sale
Sun. August 28:	OFF
August 29-31:	3:45pm @ Sheldon Track
Sept. 1-2:	3:45pm @ Sheldon Track