

2017 Sheldon Cross Country

Important Dates

- June 19: Voluntary summer runs begin
July 23-29: Dead week – NO contact or practice with coaches.
Aug. 3: Fall Sports Registration
Aug. 13-16: XC Camp
Aug. 16: Mandatory practices begin - Daily Doubles
Aug. 26: Team Garage Sale
Aug. 31: First Meet – Nike Bill Chapman Invite - Hillsboro, OR
Sept. 21: Twilight River Run Fundraiser

Important Resources

Team site: sheldontfxc.org
Sheldon Athletics site: sheldonathletics.com
Results: <http://www.athletic.net/CrossCountry/School.aspx?SchoolID=246>
Capital Improvements: SheldonCommunityTrack.org
Social Media: Instagram and Twitter - sheldontfxc

Voluntary Summer Run Schedule

- Mondays: 5:30 pm at Alton Baker Park
Wednesdays: 5:30 pm at Alton Baker Park
Fridays: 4:30 pm at Sheldon High School Track

What will you need to bring with you to every practice?

1. Water
2. Watch
3. A good pair of running shoes
4. Breathable running close
5. Personal medical devices, such as inhaler, diabetic pump, EpiPen, etc.
6. GOOD ATTITUDE!!!

Sheldon XC Camp

Aug 13- Aug 16: Horse Creek Lodge - www.horse-creek.com
Camp Cost: \$350.00
Siblings: \$275.00

Due to limited space, invitations to camp will be offered based on summer attendance and fitness level. Please contact us about financial assistance or if you would like to sponsor another camper.

PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS!

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