

Sheldon Cross Country 2017

Greetings,

We are extremely excited that you are now a member of the Sheldon Cross Country team.

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:

Tuesday August 29th at 6:00 p.m. in Lecture Hall in Sheldon High School

Coaching Staff:

Brayce Forsha: brayceforsha@gmail.com, Erin Regali: eregali@comcast.net & Anne Regali

Team website: www.sheldontfxc.org

First Mandatory Practice is August 16th Schedule For August 16-September 6, 2017

Wed. August 16:	4pm @ Sheldon Track
Thur. August 17: –	8am @ Alton Baker Park and 4pm @ Sheldon Track
Fri. August 18:	4pm @ Sheldon Track
Sat. August 19:	9am @ Hendricks Park
Sun. August 20:	OFF
Mon. August 21:	4pm @ Sheldon Track
Tues. August 22:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Wed. August 23:	4pm @ Sheldon Track
Thurs. August 24:	8am @ Alton Baker Park and 4pm @ Sheldon Track
Fri. August 25:	4pm @ Sheldon Track
Sat. August 26:	8am @ Sheldon Track-Team Garage Sale (9:00 am to 3:00 pm)
Sun. August 27:	OFF
August 28-30:	3:45pm @ Sheldon Track
Thurs Aug. 31:	First XC Meet
Fri September 1:	3:45 pm @ Sheldon Track
Mon September 4:	3:45 pm @ Sheldon Track
Tues. September 5:	3:45 pm @ Sheldon Track
Wed: September 6:	3:45 pm @ Sheldon Track-First day of School