

# 2016 Sheldon Cross Country

## Important Dates

June 20: Voluntary summer runs begin  
July 24-31: Dead week – NO contact / NO practice  
August 4: Fall Sports Registration  
August 15: Mandatory practices begin - Daily Doubles  
Sept 3: First Meet – The Invite - Marist

## Important Resources

<http://www.athletic.net/CrossCountry/School.aspx?SchoolID=246>  
[sheldontfxc.org](http://sheldontfxc.org)  
[sheldonathletics.com](http://sheldonathletics.com)  
[SheldonCommunityTrack.org](http://SheldonCommunityTrack.org)  
Instagram and Twitter - sheldontfxc

## Voluntary Summer Run Schedule

Mondays: 6:00 pm at Alton Baker Park  
Wednesdays: 6:00 pm at Alton Baker Park  
Fridays: 4:30 pm at Sheldon High School

## Sheldon XC Camp

JULY 31-AUG. 3: Suttle Lake Resort

Camp Cost: \$300.00

Siblings: \$250.00

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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