



*****ATTENTION 8TH GRADE STUDENTS & PARENTS*****

Whether a student is currently running OR someone that has yet to tap into their “inner runner”, we hope they’ll join us for Cross Country Summer Conditioning in June & July 2019. Year after year, we see students forming friendships over the summer months during our conditioning sessions—*making for a great start to the new school year...not to mention staying in great physical shape during the summer months.* There is no cost for Summer Conditioning though students need to purchase proper running shoes AND must have a physical completed using the Grayson HS physical form, which can be accessed on the Grayson Athletics web-site, under Forms.

Why Cross Country: The Grayson High Cross Country Team (a.k.a. Grayson XC) is one that promotes an environment that feels like extended family; we have fun while also working hard to earn Regional & State Awards! Many students take running into their adult life, some even compete at the college level.

What We Do: While runners of all ability are always welcome in the Cross Country program, historically those who commit to our Summer Conditioning do much better during the Fall XC Season. Coach Abby Self will use Remind101 to keep parents and runners well-informed of the schedule, but an EXAMPLE of a typical Summer week, might include:

- ◆ Tribble Mill Group Trail Run—Mon - Thur, from 7:30am to 9:30am
- ◆ “On Your Own” Runs—Fridays, Weekends, Vacation Weeks, Holidays

GET SIGNED UP TODAY—Send an email to: graysonxc@gmail.com, be sure to include the Student Name, the School Name and Subject line of “Summer Conditioning”. We’ll send you the 2019 Summer Conditioning Registration Form.



SAVE THE DATE—Join us for our **Parent/Runner Meeting on Thursday, May 9th at 6:00pm** in the Media Center at Grayson High School (50 Hope Hollow Road, Loganville, GA 30052).

IN THE MEANTIME, CHECK US OUT ON THE WEB: WWW.GRAYSONCROSSCOUNTRY.NET