



Brought to you by Clarkston Community Education




# SUMMER CROSS COUNTRY GRADES 6-8


This is a great way to be introduced to cross country and for students to condition for other sports. Practices involve running on the CHS campus and other activities such as a biking, swimming, and games. Come dressed and ready to run. Please bring a water bottle and comfortable running shoes. Students are not required to attend every session (but still are expected to pay full price). Students are welcome to join anytime during the summer. Coach: Jamie Rykse

 Sign up for text reminders regarding special practice sessions and possible severe weather cancellation at [remind.com/join/ccsxcsum](http://remind.com/join/ccsxcsum)

 For more information about the cross country program, visit: [clarkstoncrosscountry.org](http://clarkstoncrosscountry.org)

### Tentative schedule

 Swimming at Deer Lake Beach: July 26  
Short bike ride: Aug 9  
End of Summer Challenge Race: Aug 14  
Long bike ride: Aug 16

 Cross Country will meet for 14 sessions. Cross Country will not meet on July 3<sup>rd</sup> and 5<sup>th</sup>

**YS17-F31** Mondays and Wednesdays, June 26-Aug 16  
6:30-7:30pm, \$60

Clarkston High School (past the tennis courts next to the stadium)



### To Register

**Call:** (248)623-4326 Ext1

**Visit:** [www.itprs.org](http://www.itprs.org)

**Walk in:** Independence Township  
6483 Waldon Center Dr.  
Clarkston, MI 48346