

High School
Cross Country
2018

The best way to prepare for success in the upcoming season is to attend the Summer Run Club.

High Schoolers who plan to compete in Cross Country during the 2018 season can run together on Mondays, Wednesdays, and Fridays during June and July.

Run Club dates: June 4 - July 27

The Clarinda Cross Country Run Club will meet in the parking lot behind Clarinda High School at the following times:

Monday: Run 6:15-7:00 am, Speed & Strength in gym 7:00-8:15 am

Tuesday: Speed and Strength Training in the gym 7:00-8:15 am

Wed.: Run 6:15-7:00 am, Speed & Strength in gym 7:00-8:15 am

Thursday: Speed and Strength Training in the gym 7:00-8:15 am

Friday: Run 7:00- 8:15 am

Clarinda Cross Country Camp

Monday, July 30 6-9pm

Tuesday, July 31 6-9pm

Wednesday, August 1 Parent Meeting 5:30-6:00 pm

Wednesday, August 1 6-9pm

Physical forms and concussion baseline testing must be completed and turned in before August 6, the first official day of practice.

**Our first competition will be Saturday, August 25th in Glenwood.
Head Coach: Jane Mayer Non-Emergency Contact jmayer@clarindacs.org
Immediate Contact 712-303-0260**