



Remind 101 Paul Hadley Cross Country 2019

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Coach Brian Underwood and Coach Jeremy Manning would like to invite new athletes to join the Paul Hadley Cross Country Team for the 2019 season. We will be having a running club this summer to train for our upcoming season. Those student-athletes that will be in 7th and 8th grade next year and are considering Cross Country as their sport are welcome to attend. See the requirements and summer schedule below.

First and foremost I need to remind all athletes that before you can run with us this summer, you need to have an updated physical and final forms on file. Second, the summer running club is NOT a camp nor mandatory, so you do not have to pay or attend all scheduled days. However, we as coaches are investing our time and energy into our student-athletes and expect all in attendance to take our morning conditioning serious and work hard to get better. We will work on building team chemistry, values, and character as prepare for the upcoming 2019 Cross Country season.

If you have any questions, please let me know and I'll be happy to help out or answer any questions. Also, if you attend 10 out the 15 summer morning conditionings, you get a FREE Summer Running Club T-shirt for your commitment and effort.

Requirements:

1. Updated physical on file and Final Forms signed.
2. Responsible and a positive attitude.
3. Willingness to challenge yourself and teammates.
4. Desire to improve and work hard,
5. Comfortable running shoes.

***We will work on stretching, form running, speed, endurance, and team building skills.

Drop off and pick up will be at Door 15 (Main Entrance) Email Contact: brian.underwood@moorevilleschools.org

<u>May</u>	<u>June</u>	<u>July</u>
Wed 29 th 7:00-8:15am	Fri 7 th 7:00-8:15am	Mon 8 th 7:00-8:15am
Fri 31 st 7:00-8:15am	Mon 10 th 7:00-8:15am	Wed 10 th 7:00-8:15am
	Wed 12 th 7:00-8:15am	Mon 15 th 7:00-8:15am
	Mon 17 th 7:00-8:15am	Wed 17 th 7:00-8:15am
	Wed 19 th 7:00-8:15am	Mon 22 nd 7:00-8:15am
	Mon 24 th 7:00-8:15am	Wed 24 th 7:00-8:15am
	Wed 26 th 7:00-8:15am	