

Welcome



Hello Cross Country Runners,

It's hard to believe it's mid-July already, and soon the 2018 cross country season will officially begin. Please take a moment to look at the list of important dates below, as well as the meet schedule posted on the XC page.

We look forward to another successful Viking year!
Thanks and Happy Running!

Coach Sloan, Coach Clark and Coach Shonk

Cross Country

The First day of mandatory XC practice is Monday, July 30th!!!

REMINDER: As per FHSAA rules, every student athlete must have all required paperwork turned in to participate. Paperwork can be found under the Forms link above.

Optional Summer Training going on now ~~~ Monday-Friday ~~~ 7am-9am

Fall Season Important Early Dates

- Now For athletes that have run with the team this summer, 1st fee payment is due (\$100)
- July 30th 1st day of the cross country season. Mandatory practices begin 7-9am until school begins
- Aug 3rd Entry fee for the Josh Sprinkle 5k is due for all team athletes
- Aug 3rd Sponsorship Forms for the Josh Sprinkle 5K are due (NOTE: **business logos are due by July 30th**)
- Aug 11th Josh Sprinkle 5k Race ~~~ All athletes are highly encouraged to register
- Aug 13th First day of school ~~~~ Afternoon practices begin
- Aug 15th Meeting for all new students interested in running XC (time and place TBA later)
- Aug 20th MANDATORY PARENT MEETING for cross country runners – 5:30pm at FWBHS
- Aug 22nd Concussion Test for those that have not been tested for this season
- Aug 24th Team Chow Down ~~~5pm
- Aug 25th Meet season kicks off with the Niceville XC Relays – 7am



**RUNNING IS NOT
ABOUT BEING
BETTER THAN
SOMEONE ELSE
IT'S ABOUT
BEING BETTER
THAN YOU USED
TO BE.**

