



Bulldog Cross Country

# 2017 MVHS CROSS COUNTRY

## JOIN OUR TEAM!

The Coaching staff invite you to pursue excellence as part of the Mount Vernon High School Cross Country team next fall. If you have a drive to be good at something, Cross Country provides that opportunity - it is a sport that rewards hard work and dedication. It is also a sport where we have a lot of fun, where a freshman has the opportunity to be a varsity athlete, and where YOU can be part of a team of boys and girls over 90 strong!



**Mark your Calendar:** MVHS Cross Country starts **August 21, 2017** at MVHS

**Run!:** The key to success is regular running - at least 5 times a week this summer if you want to be good. Make it fun! Run with your friends, your parents, or teammates. If you want training advice, give us a call!



**Summer conditioning Schedule - There is a teammate to run with 5 days a week!**

**Monday:** 5:30 pm from MVHS - tempo run

**Tuesday:** 5:30 pm from MVHS - distance run progression

**Wednesday:** 5:30 pm from MVHS Little Mountain - conquer the hill!

**Thursday:** 5:30 pm recovery run and weight room

**Saturday:** Long run 9:00 am start at High School



**Sign up on Remind:** Join prospective teammates staying in the loop and communicate with MVHS XC Coaches.

Text this: @eb9b26

to this number: 81010

You can unjoin this anytime! - no obligations



**Join** our team on Facebook - search Facebook Groups for MVHS XC and sign up.



**Fill out paperwork:**

1. Sports Eligibility packet - Available at the MVHS Athletic office after August 1

2. A sports physical is required

• Paperwork including your sports physical is due at the MVHS Athletic office by August 14th, 2017



**Questions?:** We have the answers!

Coach Mitchell

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Coach Harrison:

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**MVHS XC - It will change your life**