

Cross Country 2021

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Fit180
ATHLETICS

Cross Country 2021

Cross Country consist of long distance running; Athletes run 3k at the middle school level. Runners compete and train on a variety of terrains; trails, track, field and sometimes lots of mud! Training consist of endurance running, dynamics, form drills, core strengthening, stretching, race strategy, nutrition, and mental awareness.

Mental, Emotional, Social and Physical Health – It's more important now than ever to prioritize our health and fitness by staying in a disciplined and structured routine.

Never before has it been more important to stay in top physical, emotional and mental health.

Our Fit180 Coaches are excited and ready to for a great cross country season!

While the standard season starts August 26 we encourage everyone who's around to join the 2 week pre-conditioning session to develop your fitness leading into the season. Pre-conditioning will be offered at our Community House Location from Aug 9-19, on Mon, Wed, Thur.

Visit: www.Fit180Athletics.com/programs/cross-country

Cost:

Standard Program: \$219
Add Pre-conditioning: \$80

Dates:

Standard Program
Aug 26 - Oct 16

Pre-Conditioning (Optional)
Aug 9 - 19

Community House location only
Evening practice 7:00- 8:15pm

Locations:

 (two locations to choose from)

Community House MS
4:30 - 6:00pm

South Charlotte MS
3:45 - 5:15pm

Days:

 M / W / Th

Grades:

Open to 6th, 7th and 8th grade

Meets:

Compete in 5-7 Middle School XC
Meets against area schools

Coaches:

Our coaches are RRCA Certified Run coaches.



