

2014 Summer Distance Running Clinics

Join us this summer all you future Cross Country athletes ages 10 and up for our voluntary and fun summer running generally four days a week from 645 to 800 pm (schedule of dates below). We meet behind the visitor's bleachers at the Southland Academy Track and work out on the adjacent Cross Country Course behind Central Baptist Church. This is the home course for the Southland Academy and GSW Cross Country teams. We always have water, ice and first aid available along with excellent instruction and pizza and candy days. There also will be an end of the summer race with awards and still more pizza. You may attend any or all dates.

Cost: Free. Must have current Southland Academy sports physical and permission form on file.

Dates: *May 27-30

*June 3-6

*June 10-13

Road Race June 14 in Americus time tba

*June 17-20

*June 24-27

*July 1-2

Road Race tba for July 4 weekend

*July 8

(July 9-13 FSU Running Camp, Tallahassee) See Seminole Trails Running for cost and registration details

*July 15-18

*July 20-24 Team Running Camp @ Roosevelt State Park See handout for registration and cost information

*July 29-31

*Aug 1 end of summer party

*Aug 4 first Fall team practice

Contact: Coach Calcutt 229-924-3900 at the office or email through the Southlandacademy.org school website (click Athletics, sports, cross country) or directly at: Email: Calcuttlaw@bellsouth.net Or call or text 727-424-4347 or Coach McDonald at 229-942-8800. See you this summer!

Home of the –

Girls Region Champs 2013, Region Runner-up 2011, 2012, Top Five State finish 2011

Boys Region Champs 2012, 2013, Region Runner-up 2011, Top Five State finish 2012

Boys State Champs 2013

Middle School Girls Region Champs & State Runner-up 2013