

## **Summer Running Clinics**

This summer for Cross Country we are looking at our voluntary and fun summer running on Monday-Tuesday-Thursday from 630 to 745 pm, meeting behind the visitor's bleachers at the Southland Academy Track. We will not be running here during the week of the Darton Cross Country Camp June 11-15 and the week of the Warrior Cross County Camp at Young Harris College July 22-27 so that our runners (and maybe coaches) may attend those events if they choose.

We always have water, ice and first aid available along with excellent instruction and pizza Thursdays.

### **Summer Running Clinics Dates:**

May 29 and 31

June 4-5 and 7

June 18-19 and 21

June 25-26 and 28

July 2-3 and 5

July 9-10 and 12

July 16-17 and 19

July 30-31 and Aug. 2 (end of summer race and fest-ing on Aug 2). Contact: Coach Calcutt 229-924-3900 at the office or email through the school website or directly at:

Calcuttlaw@bellsouth.net or text 727-424-4347. See you this summer. Coach Calcutt.