



Jesuit High School

CROSS COUNTRY SUMMER TRAINING:

Incoming freshmen are welcome to train with Jesuit's Cross Country team beginning on July 5th. We will begin promptly on the JHS track at 8 a.m. and go until 9:30 a.m. We will meet on M-W-F from July 5th through July 23.

Requirements:

1. Physical and Release forms (EL-2 and EL-3) must be completed and submitted to the office of the Athletic Director or to me prior to any practices. These forms can be downloaded from the JHS website under Athletics.
2. Running shoes and running shorts.
3. Willingness to work hard at improving at distance running.

Summer training does not commit you to joining the Cross Country team, but it will help you get into shape for the season, which begins just after school starts. We will have official try-outs during the first two weeks of school.

I am looking forward to meeting you. Welcome to Jesuit!

Mr. Greg Maurin
Head Cross Country Coach
Jesuit High School

p.s. Contact me with any questions at gmaurin@jesuittampa.org