**2019 Spanish Fork Youth Cross Country Club Parent Information**

We are excited to begin this 2nd season of the Spanish Fork Youth Cross Country Club. Our program goals are to create a fun and safe environment for your children while challenging the athletes to be better runners through targeted coaching and their own personal dedication.

Our club web site is here: <https://sfyouthxc.weebly.com/> This will provide links to race results, race photos and weekly details about the upcoming week’s schedule.

You can also join our team GroupMe group which will be used for any last minute notifications from the coaching staff.

**Coaches**

Darin Cable – Head Coach 801-319-4268

Chelsea Romney Head Coach 801-794-9572

McKenzie Gladding – Assistant Coach

Matt Cable – Assistant Coach

**Practices**

We practice every Thursday from 5:30-6:30. We start right at 5:30, so please arrange to have your child arrive a few minutes early. The coaches will be at the Sports Park by 5:15 on practice days. We will meet in the field just south of the tennis courts.

**Race schedule**

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| --- | --- | --- | --- | --- |
| **Date** | **Location** | **Distance** | **Check In** | **Race Time** |
| September 9th | SF Sports Park - 295 W Volunteer Dr | 1K | 5:00pm | 5:30pm |
| September 16th | Orem Community Park - 580 W 165 S Orem | 2K | 5:00pm | 5:30pm |
| September 23rd | SF Sports Park - 295 W Volunteer Dr | 3K | 5:00pm | 5:30pm |
| September 30th | Salem Elementary – 140 W 100 South | 2K | 5:00pm | 5:30pm |
| October 7th | Talons Cove Golf Course – 2220 S Talons Cove Dr Saratoga Springs | 4K | 5:00pm | 5:30pm |
| October 14th | Regional Invite @ Kiwanis Park 1019 N 1100 E Provo | 3K | 4:30pm | 5:00pm |

**Parent Volunteers**

We need a few parents to help us at the finish line for our hosted meet on September 23rd. Let Coach Cable know if you can help.

**Uniforms**

Our team uniforms have been ordered and should arrive prior to the first race on September 9th.