**2020 Spanish Fork Youth Cross Country Club Parent Information**

We are excited to begin this 3rd 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. Text Coach Cable if you want to be added.

**Coaches**

Darin Cable – Head Coach 801-319-4268

Chelsea Romney Head Coach 801-794-9572

Bayleigh Redd – Assistant Coach

Madisyn Lott – 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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Location** | **Distance** | **Check In** | **Race Time** |
| August 31st | SF Sports Park - 295 W Volunteer Dr | 1K | 5:00pm | 5:30pm |
| September 14th | Salem Elementary – 140 W 100 South | 2K | 5:00pm | 5:30pm |
| September 21st | Talons Cove Golf Course – 2220 S Talons Cove Dr Saratoga Springs | 3K | 5:00pm | 5:30pm |
| September 28th | Manilla Creek Park (Pond) - 706 W 3300 N Pleasant Grove | 2K | 5:00pm | 5:30pm |
| October 5th | Kiwanis Park 1019 N 1100 E Provo | 4K | 5:00pm | 5:30pm |
| October 12th | SF Sports Park - 295 W Volunteer Dr | 3K | 4:30pm | 5:00pm |

**Parent Volunteers**

We need a few parents to help us at the finish line for our hosted meet on October 14th. Let Coach Cable know if you can help.

**Uniforms**

Our team uniforms have been ordered and should arrive by practice on August 27th