**2021 Spanish Fork Youth Cross Country Club Parent Information**

We are excited to begin this 4th 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

Andrew Folsom – Assistant Coach

Madisyn Lott – Assistant Coach

Brayden Reese – 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. We end right at 6:30pm. Only reason we cancel practices are for lightning and of the air quality does not allow us to be outside. (purpleair.com index above 150).

**Race schedule**

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| --- | --- | --- | --- | --- |
| **Date** | **Location** | **Distance** | **Check In** | **Race Time** |
| August 30th | SF Sports Park - 295 W Volunteer Dr (team intrasquad) | 1K | 5:00pm | 5:30pm |
| September 13th | SF Sports Park - 295 W Volunteer Dr | 2K | 5:00pm | 5:30pm |
| September 20th | Payson – Hillman Rec Complex – 955 S Main | 3K | 5:00pm | 5:30pm |
| September 27th | Manilla Creek Park (Pond) - 706 W 3300 N Pleasant Grove | 2K | 5:00pm | 5:30pm |
| October 4th | Nephi - TBD | 4K | 5:00pm | 5:30pm |
| October 11th | Salem Hosts – TBD Invitational Meet | 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 13th. Let Coach Cable know if you can help.