**2023 Spanish Fork Youth Cross Country Club Parent Information**

We are excited to begin this 6th 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

Cameron Cox – Assistant Coach

Leann Solis – Assistant Coach

Adalee Strauss – Assistant Coach

Zach Christensen – Assistant Coach

Braydon Goode – Assistant Coach

Logan Ricks – 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 if 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 28th  | SF Sports Park - 295 W Volunteer Dr (team intrasquad) | 1K | 5:00pm | 5:30pm |
| September 11th | SF Sports Park – 295 W Volunteer Drive  | 2K | 5:00pm | 5:30pm |
| September 18th  | Salem Hills HS 150 Skyhawk Blvd Salem | 3K | 5:00pm | 5:30pm |
| September 25th  | Santaquin – Harvest View Sports Complex 1270 Summitt Ridge Parkway Santaquin | 2K | 5:00pm | 5:30pm |
| October 2nd  | Nephi – Juab Jr HS 645 E 700 N Nephi | 4K | 5:00pm | 5:30pm |
| October 9th  | Provo – Kiwanis Park 3 races by age | 3K | 5:00pm | 5:30pm |

**Parent Volunteers**

We need a few parents to help us at the finish line for our hosted meet on September 11th. Let Coach Cable know if you can help.