



Stevens

Cross Country

The first day of Cross Country will be August 4th at 8:00 a.m. In order to run on the first day of practice you will need to have a current physical and all of the necessary paperwork on file in the training office. If you need paperwork, please contact Coach Hesson (210-397-6515) or Coach Kloewer (210-397-6512). Cross Country practices will be Monday - Thursday at 8:00 a.m. until school starts. Please meet at the P.E. practice field by 8:00 a.m. Once we are back in school, practices will be offered both before school and after school. You are required to participate in *at least one* of the practices each day.

Summer training should include some running on your own in order to build a foundation for the coming season. You would also benefit from the FLEX camp that is being offered throughout the summer here at school. FLEX will focus on making you faster and stronger for the upcoming season by concentrating on overall fitness. Also, participating in local road races is a great way to stay competitive over the summer months. If you are interested in some area running camps, FLEX, or information about local races, please contact Coach Hesson for information or visit www.runstevens.com. Try to come back from summer being able to run at least 2.5 miles (girls) to 4 miles (boys) without stopping – that will make the first weeks of practice much easier for us all!

For more information or for questions, please contact Coach Tracy Hesson at 210-397-6515 or by email at tracyhesson@nisd.net

Go Falcons!

Coach Hesson