

**FALL 2011**  
**SFC Cross Country**  
**Open to Boys & Girls Grades 7-12**

Formal team practice will begin on Monday, August 15, at 8 am, on the SFC campus. Practice starts daily at 8:00 am until school begins; once school is in session, practices will be held after school. (Practice will last about 1 hour for the pre-season and then shift to 1 ½ hours.)

Coach Kooima expects all CC athletes to try 2-a-days for the pre-season; this means running about 4-6 miles in the evening as well, easy, any pace you like. At morning practices, the practice agenda will focus on developing speed, doing pace work, and continuing to build a base. Practice will last about 1 hour for pre-season, and then shift to 1 ½ hours after school begins.

Please feel free to call with any questions or concerns. Coach Kooima is committed to being very flexible in order to make this sport work for those who are interested - he looks forward to a great season! GET RUNNING!

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