



**GRADES  
K-8**

**CROSS COUNTRY  
CRIMSON KNIGHTS**

Day	Date	Time	Location
Wednesday	September 3	6:00 – 7:00pm	Warren Park – Soccer Grove #2
Friday	September 5	6:00 – 7:00pm	Warren Park – Soccer Grove #2
Monday	September 8	6:00 – 7:00pm	Warren Park – Soccer Grove #2
Wednesday	September 10	6:00 – 7:00pm	Warren Park – Soccer Grove #2
Friday	September 12	6:00 – 7:00pm	Warren Park – Soccer Grove #2

WE WILL CONTINUE WITH THE MONDAY, WEDNESDAY, FRIDAY SCHEDULE INTO OCTOBER. MORE INFORMATION ON THOSE DATES SOON

LET'S HAVE AN AMAZING SEASON!!  
COACH LIZ CAMPBELL  
COACH HALEIGH  
COACH JENSEN  
COACH MRS. JENSEN



**GREAT  
CONDITIONING  
FOR TRACK  
AND OTHER  
SPORTS**

**A FUN  
TIME!**

**AMAZING  
COACHES**