

# MILL VALLEY JAGUAR

## 2022 Summer Cross Country Training



STARTS  
JUNE 6 2022



### ABOUT THE TEAM

Mill Valley cross country will help you create lifelong friends, learn about yourself, and make incredible memories. We are looking for positive and fun people to continue to make this program successful and a great place to be. Open to middle school and high school runners. We'd love to see you there!

### WHY JAGUAR CROSS COUNTRY?

- Have Fun
- Make Memories
- Get Strong
- New Friends
- Individual Training
- Supportive Environment
- Caring Coaches
- Successful Teams

### SIGN UP HERE



[CMCAFEE@USD232.ORG](mailto:CMCAFEE@USD232.ORG)

MORE INFORMATION ON BACK

## Ten Reasons To Run Cross Country at Mill Valley High School

1. *Lifetime sport and healthy lifestyle- you can run road races almost every weekend, all year, anywhere you live for the rest of your life and feel good about doing it. We focus on running and strength training for you to be the best version of yourself!*
2. *A single team- One co-ed team that practices and competes together.*
3. *Chance to meet new people from all grades as part of one team. We begin our summer training in June and the official season in August. Our team has school leaders and amazing individuals. This is a great way to transition to high school!*
4. *Team pasta parties! Each week the team hosts a pasta party. This is a great way to build bonds and create memories!*
5. *A chance to learn how to set and work towards goals over time and share the experience with teammates and friends!*
6. *A chance to immediately participate- all runners will run at every meet through the regular season. This is an opportunity to show your improvement each week!*
7. *Coaches McAfee, Byrd, Goering, FitzSimmons: Your coaches are passionate about YOU and cross country. We are committed to helping you be successful in cross country and in life. Plus, we are pretty fun.*
8. *Summer trip, out-of-town meet, a unique experience: Cross country is something you experience- it is more than participating. We plan a summer trip for camp and to an out-of-town race each season. This is an experience!!*
9. *A tradition of success: Mill Valley has one of the most successful cross-country programs in the state. #statechamps*
10. *Most importantly, cross country at Mill Valley will provide you with memories and fun to enhance your high school experience. You will make lifelong friends, get started on a lifetime of healthy living, and have unique experiences.*

*Program philosophy: Running is for everyone and everyone is important on our team. We are looking for positive and fun people to join us. We will balance success, hard work, and goal setting, with an enjoyable experience. MVHS cross country will help you create lifelong friends, learn about yourself, and make incredible memories.*

### Program goals:

1. *Make memories*
2. *Have fun*
3. *Finish consistently in the top 3 in the Sunflower League and top 5 at state.*
4. *Recognize and celebrate each student-athlete.*
5. *Positive team culture*

### Summer Training Information:

*Dates: Monday, June 6th until the first day of official practice on August 15th.*

*Time: 7:00 AM – 8:30ish AM If you are just starting, you will be done by 8:00. Note- we HIGHLY encourage you to sign up for JAG ADP as well!*

*Who: This is open to all middle school and high school runners*

*Days we meet: Monday – Saturday @ the senior café entrance.*

*Sign up at this link using your USD 232.ORG email address: <https://forms.gle/HzmJSwE6mNdZXZg76>*