

# De Soto High School Cross Country Summer Training Program 2023



## Program Information

- June 5th-August 4th excluding Mon July 3rd - Sun July 9th (KSHSAA-mandated break)
- **"CAMP WEEK" (more information to come)**
- Bring a full water bottle to every practice
- Athletes must have good running shoes
- It is recommended that athletes have a basic running watch
- Mileage totals and workouts will vary by week and athlete experience. Newer athletes will be done with practice in less than an hour.

## Schedule

Days	Location	Time
Monday/Wednesday	Lexington Lake Park (meet by playground)	7:00-8:30 am
Tuesday/Thursday <i>Middle School Day</i>	DHS track followed by weights (Middle school athletes welcome to join)	7:00-8:30 am
Friday	Champion Maker (W. 95th St. & Edgerton Rd)	7:00-8:30 am
Saturday	On Your Own Run (we do not meet as a team)	You choose

## Program Cost

**Free this summer.** Our program is separate from the DHS Summer Weights program. Your athlete does not need to pay the summer weights fee in order to do our program.

## **REGISTRATION:**

Click here: <https://tinyurl.com/2d4nppv6>

or

scan this code:



## Contact Information:

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# 2023 Wildcat Summer

## *DHS Cross Country Training*

Starting June 5 - Details on the other side



*It's more than a cross country team.  
This is family!*