

"IF YOU HAVE A BODY, YOU ARE AN ATHLETE"

BILL BOWERMAN, FOUNDER OF NIKE

RUN CROSS COUNTRY

ENTER HIGH SCHOOL WITH A FAMILY OF FRIENDS
EXPERIENCE BARLOW PRIDE AS A STUDENT-ATHLETE
THERE ARE NO BENCHES or CUTS - EVERYONE COMPETES
BE YOUR OWN HERO!

SUMMER TRAINING STARTS
MONDAY, JUNE 20, 2022
5PM BARLOW STADIUM

Join us anytime this summer check Barlowxc.com/schedule for Practice Times

OTHER IMPORTANT DATES

July 24-30: OSAA Moratorium Week = NO PRACTICE

August 15: 1st Official Day of Fall Practice

ACTION ITEMS

1. Complete 2022 XC Athlete questionnaire @ Barlowxc.com/summer2022
2. Start Running, See Barlowxc.com/summer2022 for training plans
3. Get Sports Physical Done ASAP, Must have on file NLT August 15th

FOR MORE INFORMATION, PLEASE VISIT

BARLOWXC.COM OR CONTACT **COACH JASON ALEKSA**

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