

KEEP CALM

AND

RUN ON

Circuits, Distance Runs, Sprints, Shuttles, Relays, Trail and Beach Runs, Strength Training. Military-based training

Make lasting friendships and have fun Meet previous season runners Conditions you for all sports

WHITING MIDDLE SCHOOL CROSS COUNTRY



Callout meetings:

March 24th and March 25th

Small Gym

3:00-4:00

Coach Burriss 320-360-7040 seburriss@gmail.com