



Contact Info:

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FB: Sarasota High Cross Country and Track

**2022 Summer Training for Sarasota High Cross Country**

Dates and Times: [Subject to Change]

Week 6/6 – 6/12

Monday – 8 am to 9:15 am (SHS Track)  
Tuesday – 8 am to 9:30 am (Celery Fields)  
Thursday – 5 pm to 7 (SHS Track)  
Saturday – 7:30 am to 9 am (Celery Fields)

Week 6/13 – 6/19

Monday – 8 am to 9:15 am (SHS Track)  
Tuesday – 8 am to 9:30 am (Celery Fields)  
Thursday – 5 pm to 7 (SHS Track)  
Saturday – 7:30 am to 9 am (Celery Fields)

Week 6/20 – 6/26

Monday – 8 am to 9:15 am (SHS Track)  
Tuesday – 8 am to 9:30 am (Celery Fields)  
Thursday – 5 pm to 7 (SHS Track)  
Saturday – 7:30 am to 9 am (Benderson Park [SE parking lot])

Week 6/27 – 7/3

Monday – 8 am to 9:15 am (SHS Track)  
Tuesday – 8 am to 9:30 am (Celery Fields)  
Thursday – 5 pm to 7 (SHS Track)  
Saturday – 7:30 am to 9 am (Celery Fields)

Week 7/4 – 7/10

Monday – 8 am to 9:15 am (Benderson Park [SE parking lot])  
Tuesday – 8 am to 9:30 am (Celery Fields)  
Thursday – 5 pm to 7 (Arlington Park Playground)  
Saturday – 7:30 am to 9 am (Celery Fields)

Week 7/11 – 7/17

- Monday – 8 am to 9:15 am (SHS Track)
- Tuesday – 8 am to 9:30 am (Celery Fields)
- Thursday – 5 pm to 7 (SHS Track)
- Saturday – 7:30 am to 9 am (Lido Key)

**Week 7/18 – 7/24 XC Camp Week (no practice)**

Week 7/25 – 7/31

- Monday – 8 am to 9:15 am (SHS Track)
- Tuesday – 8 am to 9:30 am (Celery Fields)
- Thursday – 5 pm to 7 (SHS Track)
- Saturday – 7:30 am to 9 am (Celery Fields)

Week 8/1 – 8/7 [Official Start of 2022 Cross Country Season]

- Monday – 8 am to 9:15 am (SHS Track)
- Tuesday – 8 am to 9:30 am (Celery Fields)
- Thursday – 5 pm to 7 (SHS Track)
- Saturday – 7:30 am to 9:30 am (Celery Fields)

Week 8/8 – 8/13 [\*\*School starts on 8/10]

- Monday – 8 am to 9:15 am (SHS Track)
- Tuesday – 8 am to 9:30 am (Celery Fields)
- \*\*Wednesday – 2:45 pm to 4:45 (SHS Track)p**
- Thursday – 2:45 pm to 4:45 (SHS Track)
- Friday - 2:45 pm to 4:45 (SHS Track)
- Saturday – 7:30 am to 9:30 am (Celery Fields)

What to bring to practice?

- Running attire and running shoes, yoga mat, sunscreen
- Plenty of water (at least 2 liters). Plenty of water before and after running

What is practice like?

- Generally, most practices will be easy running with working on form, strength, core, and flexibility. We begin harder pace runs in mid-July.

What if I am not experienced in running?

- We have many kids to come with very little experience and placed in different levels

What happens if I am out of town?

- We give out monthly calendars for all levels to follow since we know that families will be out of town.