



# *CROSS COUNTRY*

## *OPEN RUN TRAINING*

GOODYEAR HIGH SCHOOL INCOMING 9<sup>TH</sup> GRADE PRACTICE/WORKOUTS  
MUST BE ENROLLED AT GHS TO PARTICIPATE

---

GOODYEAR RECREATION CAMPUS

420 ESTRELLA PARKWAY

STARTS JULY 7TH

MONDAY - THURSDAY

TIME: 7:00AM TO 8:30AM

WHAT TO EXPECT: CROSS COUNTRY RUNNING & DRILLS.  
PLEASE BRING PLENTY OF WATER

STUDENT NAME: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_

PARENT PHONE: \_\_\_\_\_

PARENT EMAIL: \_\_\_\_\_