Fall Season starts before school starts. Aug. 7th

Fall sports
Volleyball, Swimming/Diving, and Cross-country.

Season 2 starts Oct. 9th.
Boys Basketball

Season 3 starts Dec. 11th
Girls Basketball and Wrestling

Season 4 starts March 11th
Track and Field

To register for sports you will need to go to https://studentcentral.bigteams.com/?keyword=/user/signin&schoolID=0. All registration is done online now. You will need a doctors sports physical to join. Well child check ups are not the same. The form must have cleared to participate in athletics.

We do have summer open gyms for Volleyball Tuesday and Thursday nights in June, and a volleyball camp on Aug. 1st-5th, information is posted on our school website. Basketball also has a camp in June. Info on website as well.
Hello incoming Walt Clark 6th graders!

The Walt Clark Cross Country season officially begins in August, but summer training starts on June 12th. This is an excellent opportunity to make some new friends and get to know many of the 7th and 8th grader runners on the team.

Please note, summer training is completely optional and not required to participate in the fall. We aim to build well-rounded and fit athletes, get to know each other, and to have a lot of fun. We mix in running hills, speed and distance with core/strength/mobility/flexibility work. It is not necessary to attend every practice, but if you can run a few days per week, on average, it will pay off by the end of the season. Cross country is a sport that requires training and patience.

For the summer, we run three days per week, Monday, Wednesday and Friday:

- Mondays- 8:00 to 9:00ish at River’s Edge (main entrance off 1st). Distance day at easy pace. This is the day to come if you can only make one practice per week.
- Wednesdays- 8:00 to 9:00 at Namaqua Park. Speed + strength/mobility/form to help with performance and are keys to healthy running.
- Fridays- 8:00 to 9:00 at Mehaffey Park (south entrance off 22nd). Hills, drills, and other wonderful stuff!

The basic schedule looks like this:
- June 12th- Start of three week block
- July 3-7th- No practice this week (run on your own)
- July 10th- Start of two week block
- July 24-28th - No practice (run on your own)
- July 31st - Final week of summer training
- August 7th- Start of fall cross country season!!

Important: Summer XC training is extended to athletes who want to run and improve, regardless of ability. We will work hard and play hard. Though we enthusiastically welcome beginners, we are only able to accommodate athletes who are willing to put in the effort to run and improve. In the past, a few participants were unwilling to run and it was unfair to the other runners and volunteer coaches. Cross Country can be difficult, it is very rewarding, but it isn’t a good fit for everyone. Thanks for your understanding.

If you have any questions, please don’t hesitate to reach out. Hope to see you soon!

Nathan Hrouda  
Walt Clark Cross Country  

nathan.hrouda@tsd.org  
M: 970-310 1998