



JOIN BOYS/GIRLS
CROSS-COUNTRY

SMA XC '24

"RUN--AS--ONE"

WE are a CONVOCATION of EAGLES

5K Race Regular Season, 8/24-10/18

PRACTICES: Begin Week of 8/12

Mondays and Wednesdays

BEFORE SCHOOL @5:45AM

(Meet at SMA Pavers)

Tuesdays and Thursdays

AFTER SCHOOL @415PM

Locations Vary, Typical sites:

Payne Park, NBP or SMA Prep.

and

Non-Meet Saturdays (locations vary).

7:30AM

CONTACT:

HEAD COACH: Cpt. TEICHEIRA

AKA "Coach T"

alex.teicheira@oursma.org

STRAVA Group: SMA XC

<https://www.strava.com/clubs/smaeaglesxc>

REMIND: SMA XC

<https://www.remind.com/join/gdd6ch>

