

Cross Country

Coach Dinges

- Coach of many different sports including XC, Tennis, Basketball, Soccer, Volleyball, Softball, Badminton, and Golf for over 20 years.
- Collegiate Athlete in Basketball, Tennis and Golf
- Led teams to nine AIA State Championships
- She has also coached 11 individual state champions
- 2023 Notre Dame Preparatory Hall of Fame Recipient
- 2024 Arizona Coach Hall of Fame Recipient

Coaching Philosophy

Participating in school sports builds character and confidence as well as gives students a sense of accomplishment. It also prepares students for life, teaching them about work ethic, determination, and accountability while building healthy skills, in a fun environment.

Sara Slattery

- Author of ***How She Did It Book***, inspirational stories advice and secrets to success from 50 Legendary Distance Runners
- Head XC Coach for Men and Women at Grand Canyon University (2015-2022)
- Professional Track Athlete for Adidas, Nike and Brooks Running (2015-2016)
- 4 Time NCAA Champion at University of Colorado Boulder (XC Team 2000,2005) 5K indoors 2003, 10K outdoors 2005
- 10 Time Arizona State Champion XC and Track
- Arizona State Record Holder 1600, 3200 and 4x800m relay

Coaching Philosophy

- Have Fun!
- Work hard and become a better athlete.
- Understand the sport and how to be a better athlete.
- Bring a good attitude to everything you do!

Items Athletes Need:

- Pair of Good Running Shoes
- A couple pair of athletic shorts and lightweight breathable shirts to run in
- A Watch(doesn't have to be a smart watch, a \$10 timex watch with the chrono feature is great!)
- Water Bottle

Items parents can donate to the Team:

1. Otter Pops (3-4 boxes)
2. Chocolate Milk (4 cases)