



Cactus Shadows High School Cross Country Summer 2026

Summer 2026 is approaching fast, and I am sure you all are ready for the school year to end. Congratulations on all your accomplishments! As we turn the page it is time to think about your summer training plans. We hope that you will come out this summer and get a jump start on your training with the CSHS Summer Off-Season 2026 Training Program! It's a great way to get ready for the upcoming season, log a few miles, have some fun, make new friends, and enjoy an occasional popsicle!

The summer training program will be run by Coach Jessie Nelson and will be offered through the CCUSD ECS program. This year the program has been broken into two sessions to try and accommodate students that may be traveling, taking vacations, etc. over the summer. We encourage those that will be here all summer to sign up for both sessions. You can find the information at:

Cross Country Off Season June



Cross Country Off-Season July



Scan the QR codes for details

We hope that you will join us! Remember that summer miles bring Fall smiles.

Questions about Summer off-season training? Email Coach Nelson jnelson@ccusd93.org

Questions about Cross Country at CSHS? Email Coach Powell jpowell@ccusd93.org

Let's Fly Falcons