



JOIN SHEPHERD CROSS COUNTRY!!!

"Cross Country running is a dance with your limits. Each race is a new opportunity to test what you can achieve." -Unknown

Who is Cross Country for?...ANYONE!!!

- If you already love to run, this sport is definitely a fantastic fit for you!
- Never tried running? No prior experience is necessary! We can help you get started in a supportive and encouraging team-based environment.
- If you have tried running in the past and didn't enjoy it, maybe you didn't get off to a good start in the right way. Please give us the chance to show you how fun and rewarding running can be!
- If you aren't playing Football or Volleyball but you are looking for a fun way to get physically fit for winter sports, Cross Country will build your endurance, mental focus, and strength.

*If you have any questions about Cross Country or for more info regarding the following events, please contact Head Coach Rachel Coombs at shepherdXC@gmail.com OR join Shepherd XC on the BAND app.

UPCOMING EVENTS:

High School Cross Country Training Class: This free class at Shepherd High School will be an introduction to the Coach Jay Johnson Cross Country Training System and a great place to learn more about the sport of Cross Country. This class will be mandatory either in person on the following dates or by watching a virtual option prior to next season for all High School Cross Country runners. This will definitely be more fun to enjoy in person with your teammates so please try to attend one or the other times offered (this will be the same class offered on 2 different days- you need only attend one date). ***There will be a sign-up sheet at class for the optional summer training session.***

Wednesday June 18: 8:30-11:00 AM OR Thursday June 19: 6:00-8:30 PM

8 Week Optional XC Summer Training Session (High School only): June 23-August 14

When: Monday through Friday starting at 6:30 AM ***No practice on Friday, July 4 or Monday, July 7, 2025.**

Where: Monday through Thursday we will meet at the Shepherd Track. Friday long run locations will be shared on the XC BAND app with athletes who sign up to participate (Dover Park, Ah-Nei, Riverfront Park, Lake Elmo, etc).

First date of official practice for Middle School and High School: August 15, 2025