



## **Cross-Country**

Welcome to Mandarin High School's Cross-Country Running Program. We are in the process of building the best running program in the state and we welcome you as a prospective member of our team. Cross-Country is a sport that will challenge the most disciplined athlete. It is also a sport that enables the least talented athlete to participate and see growth and success.

### **ALL FRESHMAN ARE WELCOMED**

Our goal is to encourage participation in a sport that allows the elite athlete and the developing athlete to grow and develop while being part of a team from the very beginning of their high school career.

**NOTE:** There are no cuts in cross-country; if you work hard and show up for practice you can develop and become an athlete on our championship level teams. Summer conditioning is a critical element in being prepared and essential to your success and participation on the team.

**Boys' Cross-country:** June 8: First Conditioning date for incoming freshmen @ Bartram Park Trails (Julington-Durbin Preserve off Bartram Park Blvd): Head Coach: Jim Schmitt ([schmittj@duvalschools.org](mailto:schmittj@duvalschools.org) or 904-434-1342).

**Girls' Cross-country:** Conditioning goes throughout the summer. Head Coach: Jim Schmitt

**Cross Country camp:** July 6-12 Seminole Running Camp @ Florida State University.