



## Cypress Woods Cross Country

Middle School Cross Country  
Bridging the Gap Training Program

**July 29, 2024 – August 08, 2024**  
Workouts will be Monday – Thursday  
8:00 AM – 9:00 AM

### For the Runner Looking to Get Ahead

The training program is open to all boys and girls, of all abilities, from middle school athletes.

*“THE SUMMER MAKES OR BREAKS YOUR CROSS COUNTRY SEASON”*

#### Purpose

The purpose of the Cy Woods Cross Country Bridging the Gap Training Program is to encourage and prepare Cross Country runners for their upcoming Cross Country season. The program is intended for middle school student-athletes who desire to run cross country in Middle School. The goal of the program is to educate all participants about the developmental process of running and racing at a high level. The Cross Country Bridging the Gap Program will expose the participants to the education, physical training, and most importantly, motivation that will jump start their season and to help them achieve their goals. The physical training will be designed to enhance the runners' endurance base as they continue their pre-season training. We hope that these, combined with lots of motivation and fun, will lead our participants to success in the fall Cross Country. This is an excellent preparation for the season that will allow you to carry over your training into your MS cross country seasons. Registration information can be obtained by reaching out to Coach Zarate at [gregory.zarate@cfisd.net](mailto:gregory.zarate@cfisd.net)

#### **COST:**

**\$50 for 8+ days of training, a great way to bridge the gap between the summer and the start of their fall cross country season. (No Workout August 2nd, August 9<sup>th</sup> or August 16<sup>th</sup>)**

#### **WHAT IS NEEDED:**

**A current physical and CFISD Online Athletic participation forms must be completed in order to participate. (6<sup>th</sup> Graders do not need a Physical)**

#### **REGISTER:**

Contact Coach Gregory Zarate ( [gregory.zarate@cfisd.net](mailto:gregory.zarate@cfisd.net) ) for more info on registration

#### **WHEN:**

**July 29<sup>th</sup> – August 08<sup>th</sup> (Monday – Thursday only). We will begin promptly at 8:00 AM and will end at 9:00 AM.**

#### **WHERE:**

**Meet next to the tennis courts at Cypress Woods HS, on the grass practice fields.**

**(a group remind code will be sent out at a later date to those registered for communication purposes)**