

2019 MPHS Cross Country Information

- Training opportunities are available over the summer for both boys and girls cross country runners.
- We will meet from 7:30 - 8:30 AM Monday through Thursday (starting June 3rd)
- On Mondays, Tuesdays, and Thursdays we will meet at MPHS new gym.
- On Wednesdays we will meet at Dellwood park to offer a change in terrain.
- Athletes should be dressed ready to run. You may bring water or Gatorade but water will *always* be available during summer training.
- All workouts will be modified as needed to meet each athlete's needs. A successful and fun season starts with training over the summer!
- We will start official practice on Monday, July 29th.

Head Coach: Coach Trickey

btrickey@mpisd.net

cell: 903-563-6684

Asst. Coach: Jesus Garcia

jgarcia@mpisd.net

cell: 903-573-0242

Jr. High Coach: Margo Brown

mbrown@mpisd.net

cell: 903-204-5952