

**PANTHER**  
**Cross-Country**  
Summer Team  
**PRACTICE SCHEDULE**

<b>Dates:</b>	<b>Days:</b>	<b>Time:</b>
July 16 <sup>th</sup> – July 21 <sup>st</sup>	Monday-Friday	T.B.A
July 23 <sup>rd</sup> – July 27 <sup>th</sup>	Monday-Friday	T.B.A
July 30 <sup>th</sup> -August 5 <sup>th</sup>	Monday-Friday	T.B.A
Aug. 5 <sup>th</sup> -9 <sup>th</sup>	Monday-Friday	T.B.A

**\*Athletes must get a physical to begin running. You will also need proper running attire, shoes, and plenty of water.**

**Any questions call coach Miller  
1(405)863-0819**