



## **2024 Beck Cross Country Team**

If you would like to join cross country (XC) for the upcoming school year, please scan the QR code below. Cross country is a "no cut" sport. You must have all your online paperwork completed in rank one before attending summer skills running camps and team practices.



**JOIN THE XC TEAM** scan QR code to sign up for the cross country team.

We will have a few summer running skills camps starting August 7<sup>th</sup> at Beck JH. This is a great opportunity for athletes to improve their fitness level to prepare for the upcoming season.

UIL allows only 2 hours per week of sports skills/camp instruction before the start of the school year. If you are trying out for volleyball as well, I recommend you attend your volleyball skills sessions and do some running workouts on your own. You do not want to miss skills practice time for volleyball tryouts.

You can split your skills/camp instruction time between the 2 sports each week if you choose to do so.

### **Dates for XC Optional Running Skills Camps:**

August 7th: (Wed) 7:00am-8:00am (7:00am sign in/paperwork clearance check)

August 9<sup>th</sup>: (Fri) 7:00am-8:00am

August 12th: (Mon) 7:00am-8:00am

August 13<sup>th</sup>: (Tues) 7:00am-8:00am

First practice is August 15<sup>th</sup> @ 7:30am (second day of school).

For more information Join the Girl's XC "SPORTS YOU" on the Sports You App below:

Scan the QR code below or join by using the code **UEGRY96N** (Same Sports You from last year).



**JOIN SPORTS YOU**



**to receive information for team practices and meets.**

The sports You App will have a calendar with all the skills camps, practices and meets.

There are also workouts in the files section if you need ideas for running workouts on your own before school starts this year. For more information email Coach Szurek at [Judykszurek@katyisd.org](mailto:Judykszurek@katyisd.org)