

# HSHSXC

**Strength doesn't come from what you can do.  
It comes from overcoming the things you once thought you couldn't.**

**Summer Workouts Start June 14 at 7:00 a.m.  
Monday-Thursday at 7:00 a.m.  
Saturday at 8:00 a.m.  
Womble Park**

**First Day of Practice is August 1 at 7 a.m.  
Womble Park**

**You must have a physical!**

**Team web page:**

[www.eteamz.com/hollyspringshighschoolcrosscountry](http://www.eteamz.com/hollyspringshighschoolcrosscountry)

**How do you find out more?**

**Send an email to  
[hshsxc@outlook.com](mailto:hshsxc@outlook.com)**

**Coaches:**

- Scott Myers
- Kimberly Henry

**Why do so many students choose to be a part of our team?**

- Being on a TRUE TEAM
- Develop a life long skill
- Great Physical Shape
- The Race Experience
- Road Trips
- Team Camp
- Becoming a Champion!

**2016**

**Champions are made when no one is watching.**



**GOLDEN HAWKS**  
CROSS COUNTRY