

TDHS DISTANCE SUMMER TRAINING

AAU MEMBERSHIP REQUIRED

Summer CONDITIONING FOR THE 2019 CROSS COUNTRY SEASON:

- BEGINS June 3rd, 2019
- 4:00pm IN THE QUAD AREA
- ALL ATHLETES INTERESTED IN BECOMING PART OF THE TDHS CROSS COUNTRY TEAM, MUST PARTICIPATE IN THE SUMMER CONDITIONING PROGRAM & HAVE AN AAU MEMBERSHIP!
- Conditioning will be: MWF 4-6pm....TTH TBA

• AAU MEMBERSHIP INFORMATION (ONLINE)

- aausports.org
- Click register now, click guest log in, click Add an athlete, FILL IN PERSONAL INFO
- MEMBERSHIP DETAIL: CHOOSE YOUTH PROGRAM, CLICK SPORT, SCROLL DOWN TO ATHLETICS (XC, TRACK, ETC..)
- SELECT A CLUB, THOMAS DOWNEY CROSS COUNTRY CLUB
- ENTER CLUB CODE: WY6Y46
- *** CLICK SAVE & CONTINUE
- BRING A COPY OF YOUR AAU MEMBERSHIP CARD/RECEIPT TO COACH OSGOOD ON JUNE 3rd! YOU MUST HAVE CURRENT AAU MEMBERSHIP IN ORDER TO PARTICIPATE!!
- NO EXCEPTIONS!!!

Any questions please contact : Coach Osgood @ (209)4925291 or email = osgood.j@monet.k12.ca.us

Or Coach Paulo Carvalho @ email rundairyboy@hotmail.com

*WE LOOK FORWARD TO MEETING THE NEW DEDICATED ATHLETES!!!