



# Junior Warriors Running Club



**WHO:** Any 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> Grader from Awtrey, Barber or Palmer Middle Schools

**WHEN:** Summer (optional) and Fall seasons

› Summer training (June – July):

- Monday and Thursday  
7:00 – 8:15pm
- First summer practice Monday June 8
- Summer runs are highly recommended to be in shape for the fall season but are optional due to vacations.

› Official Fall activities (mandatory to participate in meets):

- Begin on August 10<sup>th</sup> and will continue to be held on Mondays and Thursdays.
- 5:45 – 7:00pm tentatively
- Meets will be held on weeknights, and Saturdays.

**WHERE:** Practices will be held primarily at Swift-Cantrell Park

**WHY:** To get in shape both physically and mentally  
To make new friends & HAVE FUN!  
To learn about & challenge yourself  
To get ready for high school sports  
To compete in cross country races

## WHAT DOES IT COST?

**Basic club membership** is only \$45 per runner and includes a t-shirt, club car magnet, water bottle, end-of-season party, and awards.

**Challenge club membership** is only an additional \$25 & includes a uniform and entry fees into the meets. The only other recommended costs for participation are quality running shoes.

## HOW DO YOU SIGN UP?

Simply click the 'Sign Up' link above! Once we have your registration, we'll send you more information regarding training schedules.

**CONTACT: Email me with any questions you have!**

**John Huff**  
Jr. Warriors Running Club Coordinator  
High School Assistant Coach  
[john.huff@cobbk12.org](mailto:john.huff@cobbk12.org)