

FORT LAUDERDALE HIGH SCHOOL

CROSS COUNTRY/ TRACK & FIELD



- IMPROVE ACADEMIC PERFORMANCE
- BUILD CONFIDENCE AND SELF ESTEEM
- LEARN TO OVERCOME CHALLENGES
- BUILD A FOUNDATION OF HEALTH & WELLNESS
- FORM LONG LASTING SOCIAL BONDS
- BECOME AN OVERALL, BETTER ATHLETE
- IMPROVE TIME MANAGEMENT SKILLS
- LEADERSHIP AND TEAMWORK SKILLS
- ACCOUNTABILITY AND RESPONSIBILITY
- HAVE FUN!!

INSTAGRAM:
@FLYINGLSTF

TWITTER:
@FLYINGLSTF

ATHLETES SOCIAL: SEPT. 9
PRESEASON MEETING: SEPT. 15
PRESEASON TRAINING: TBD
PARENT/ATHLETE MEETING: TBD



See Coach Josh Fulton to sign up and pick up necessary paperwork

