

Join us for our Plainfield South Cross Country Summer Running Camp – June 10th through July 26th.

Open to all 5th through 9th graders.

You can register in person on June 10th at Hammel Woods or on the Plainfield South Athletic Dept. website. Any questions, please e-mail Jason Crowe at jcrowe@psd202.org

Hammel Woods is located just off of Black Road and just 2 blocks east of Rt. 59 in Shorewood. It is about 8 minutes from Plainfield South High School.

Here is our Weekly Training Schedule (5th through 8th grade) for June and July.

Monday (8:00am to 10:00am at Hammel Woods)

Tuesday (8:00am to 10:00am at Hammel Woods)

Thursday (8:00am to 10:00am at Hammel Woods)

****Incoming Freshmen will run with their high school teammates – 5 days a week.**