



Thanks for your interest in the SD Waves.

-We are preparing for our cross country season to begin with a time trial the 1st week of August.

-The official season goes from August through November (approx. 14-16 weeks). Age group teams will compete in the following divisions 9-10, 11-12, and 13-14.

-Our practice schedule will include workouts 2x a week at Hollandia Park. Once permits are approved practice will go from 6:00-7:30 pm.

-Competitive meets are held on Sundays beginning September 12th. We plan on competing in 6-8 meets.

-Team fees will be updated on our website in mid-July: fees will be approx. \$300 for the season and include meets, admin and facility use.

Thanks again- Go Waves!  
Coach Menchaca