



Hudson Cross Country 2025 Summer Running



A successful Cross Country season begins with a summer of running. Our Hudson Cross Country teams have been dominant in East Texas for over 30 years because our runners and our coaches put in work year round.

Our HS teams (or individuals) from Hudson have qualified for the state cc championship 24 of the last 26 years. Very few programs can say they have a “track” record like that. If you are ready and willing to work hard, you can be a part of that winning tradition also.

We will start meeting on the evening of June 2nd (7pm at Brookhollow Elementary). We run in that neighborhood on Monday, Tuesday and Thursday nights. On Wednesday and Friday (7-8 am) mornings we meet at the Hudson track for a combination running and weight room /Plyo workout. The calendar is on the back (attached to the student square message).

****THE BEST way to keep in touch with the coaches is through STUDENT SQUARE APP. You can download this app on any device or go to the website. After we have students respond to the sign-up link, we will make a group for summer running. We will send reminders and updates through the app. After the season starts, we will make separate groups for boys and girls teams.**

THANKS! And see you soon!

Coach Stewarts & CC Coaching staff