

SACRAMENTO HIGH & PS7 MIDDLE SCHOOL TRACK & CROSS COUNTRY TEAM



Re'Shaiah Hudson & Anajha Royal



Amir Sanders, Vincent Sarille, Andre Howard & David Everon



Sac High's Anajha Royal

I would like to welcome you to join Sacramento High and PS7 Middle School's Track & Cross Country team. We are here to help you develop into an excellent student-athlete with great athletic and academic excellence. By participating in our program you'll learn consistency, how to set goals and manage your time to achieve it. As an added bonus you will excite your family and friends when they watch you perform in track and cross country meets. They will be impressed to watch you grow as a student towards your high school graduation.



Coach Millard Hampton



Andre Howard



Andre Howard, Anthony "AJ" Seals, David Everon, Amir Sanders



Malaya Ethridge



Coach Johnny Ware, Amir Roberson, 1972 Gold Medalist Eddie Hart

Our first student-athlete and parent meeting for the 2019 Cross Country season is scheduled on Tuesday, June 4, 2019 at 6:30pm at Sacramento High School.

See <https://sachightrack.net> for information and updates.