

Cross country Information 2023

Summer Camp: **August 2 - 9 8:30 to 10:00 AM**

First official day of practice:

August 14 3:50 to 5:30 PM

Meet in the hallway outside the locker rooms

BRING A WATER BOTTLE

You must have a physical and concussion form before
you may start practice.

The fee for Cross Country is \$120

Our middle school philosophy states that everyone
runs!

- No runner will be allowed to join after Aug. 21

Any further questions, please contact:

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