

Boys and Girls Middle School Cross-Country Information

Greetings,

The first official practice will begin on Monday, July 30 from 6:30-8 pm at the cross country course located behind the high school. Once school starts on Wednesday, August 8... Practice will be after school from 3:30-5:30. The day before a meet, we will always be done by 5:00. Your child can be picked up at the tall electrical tower located behind the high school parking lot. Your child will need to have turned in a completed physical and signed release form to the middle school office before they will be allowed to participate in practice. These forms can be obtained from the middle school office (you might also check on the school website www.nhcs.k12.in.us). **No child will be allowed to participate in practice until they have turned in a completed physical and signed release form.** Your child should be dressed in proper running attire at the first practice. An athlete must have attended 10 official practices before they will be allowed to participate in our school's first meet on Aug. 20.

Thanks,

Coach Cooper