



**2019 Middle School
Boys and Girls Cross Country
Begins Wednesday, September 4th**

Cross Country would provide you an opportunity to increase your confidence and endurance, enjoy the outdoors, and have FUN. Cross Country at the middle school level lasts six weeks and goes from the second day of school to the middle of October. Practices are held Monday through Thursday (occasionally on a Friday) at Sunrise Park Middle School (there is an activity bus that takes Central students to Sunrise) from 3:15 pm to 4:40 pm., allowing time for other activities in the evening. The races are a little over a mile and run on beautiful courses (parks, golf courses, etc.). This year we will have both a middle school boys and girls program, so girls and boys 6-8 grade can join, train and race!

To run with the team this coming fall you will need the following:

Current Sports Physical (not a well child exam) [2019-2020 MSHSL Sports Physical Form](#)

Participation Fee: \$115 Pay on FeePay: <https://whitebear.feepay.com/>

Sign up for the season is through FeePay!

If you would like more information or want to let me know you are interested, please contact Coach Salenger by e-mail at seth.salenger@isd624.org.

If you know of others who are interested, please pass this information onto them. There will be a parent information meeting for **new** runners and parents August 22nd. Meeting time at 5:30 at the District Center Community Room.

I look forward to meeting you and having a great Cross Country season!

Seth Salenger

Middle School Cross Country Coach and Math Teacher