Cross Country

Cross Country – Boys

The 2016 Boys Cross Country team will begin practices on Tuesday, August 9. Interested runners should meet at 4:00pm in the West Gym. Coach Calhoun will meet you there. Please bring a water bottle, appropriate shoes and be prepared to run.

All runners and their parents must have completed all medical and permission forms on **FinalForms.** (There is a link to**FinalForms** on the main MS Athletics webpage).

You may email Coach Calhoun at mrcmc62@gmail.com if you have additional questions.

Cross Country – Girls

The 2016 Girls Cross Country team will begin practices on Monday, August 1st. Interested runners should meet at 9:00 am in front of the school auditorium. Coach Orosz and Coach Sweeney will meet you there. Please bring a water bottle, appropriate shoes, and be prepared to run.

All runners and their parents must have completed all medical and permission forms on **FinalForms.** (There is **a** link to **FinalForms** on the main MS Athletics webpage).

Coach Sweeney and Coach Orosz understand the demands of summer schedules and will work with you to enable all girls to participate in cross country this fall. You may contact Coach Sweeney at [sweeney\_e@shker.org](mailto:sweeney_e@shker.org) if you have additional questions.

We look forward to have another successful cross country season!