

NOMS CROSS COUNTRY

Middle School Cross Country – A Great Experience

Cross Country is a sport at the Middle School open to both boys and girls in 7th and 8th grades. In addition to promoting a healthy lifestyle, we also help to build lifelong friendships and have a lot of fun along the way.

Teaching the Basics

Not only do we do all of these great things, we also teach running as a sport to last a lifetime. We take all levels of experience and athletic ability –*the only requirements are a good attitude and a pair of running shoes*. Learning the proper progression of dynamic warm-up, proper fueling and hydration, building strength, speed and endurance while promoting teamwork is essential for success.

Summer Practice

A completed physical form & Emergency Medical Forms will be collected at the first practice. (Schedule your physical NOW!) Summer practice is **Monday, Tuesday, Thursday, and Friday**. Practices will start **July 19, 2010 from 8:30am.-9:30 am**. It is held at the bottom of Little Cedar Point Hill in the Metroparks (near the intersection of Columbia Rd. and Butternut Ridge Rd.) Practice may also be held at Mastick Pavilion. A good pair of running shoes is the only required equipment. Bring a beach towel for stretching and a water bottle to replenish lost fluids.

Schedule

Our first meet is scheduled for August 28, 2010. Each Saturday between August 28 and October 16 (the SWC Finals) there will be a meet. All athletes will race the two-mile distance.

The Classic at Mastick Race

This is a 5K (3.1 mile) race that raises funds to award scholarships to area high school runners. This is a great event as well as a chance for the kids to get some race experience. It is a mandatory practice for Wednesday, August 11th. (Parents are welcome to run also!)

The Middle School Cross Country coaches take great pride in providing quality instruction in a safe and progressive manner suited for the Middle School athlete. **Advice for runners:**

- Be in great physical condition when practice begins. (If you need help getting started, see Running 101 on the back)
- Be willing to learn!
- Be willing to accept new challenges!