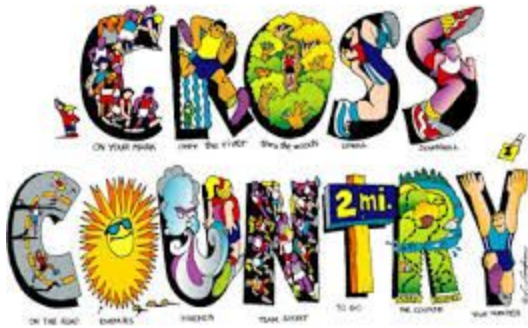


CLICK BELOW FOR TO REGISTER FOR CROSS COUNTRY FALL 2017

<https://goo.gl/forms/4mCpoCNj4BAun5un2>



There will be optional **SUMMER TRAINING** all registered athletes will be emailed information by the close of school.

## SMS X-COUNTRY 2017

Coach Dobi, Coach Marker and I are happy to be coaching this season; we look forward to a season you'll always remember.

Our goal this season is to strengthen motor skills, broaden the team's knowledge of cross country running, build self-confidence, and work as a team.

All this will be accomplished while having a good time & keeping a smile on everyone's face.

---

Below are details that will give you an idea of how the season will unfold.  
ADDITIONAL DETAILS WILL BE COMMUNICATED REGULARLY VIA EMAIL.

**FIRST CROSS COUNTRY PRACTICE WILL BE WEDNESDAY SEPTEMBER 6<sup>TH</sup>**

**ALL STUDENTS WILL MEET IN THE GYM AFTER THE DISMISSAL BELL**

**PRACTICES RUN 2:30PM - 4:00PM ON MONDAY, WEDNESDAY, THURSDAY & FRIDAY**

**LATE BUS IS AVAILABLE ON MONDAY, WEDNESDAY AND THURSDAY - 4:00 DEPARTURE.**

**ALL ATHLETES ATTENDING PRACTICE ON FRIDAY MUST HAVE A RIDE HOME AT 4:00**

**FOR EACH PRACTICE & MEET PLEASE HAVE - Athletic Clothing, Water Bottle & Snack**

**IF YOU AREN'T PREPARED FOR PRACTICE - OR WILL NOT BE PRACTICING DUE TO INJURY OR ILLNESS YOU MUST NOT GO TO PRACTICE.**

2017 MEET SCHEDULE WILL BE EMAILED AS IT BECOMES AVAILABLE  
CT Middle School State XC Championships November ? = most likely Saturday, November 4<sup>TH</sup>

**BEST IN RUNNING - MRS. KILLAM**  
[michelle.killam@suffieldstudent.org](mailto:michelle.killam@suffieldstudent.org) / 860-214-3692