

# Girls and Boys Middle School Cross Country



## First Practice Place and Date

Tuesday, August 22, 2017  
3:15-4:45 Girls Room 344, Boys Room 209  
Lakeshore Middle School

## Parents Meeting

Wednesday, August 30, 2017  
5:00-5:35 p.m. Auditorium  
Lakeshore Middle School

**Please fill out survey at [grandhavenbucscrosscountry.com](http://grandhavenbucscrosscountry.com) or visit us at FB Lakeshore Middle School XC. Find practice calendar there too.**

## Boys and Girls Middle School Cross Country FAQ

**What if I cannot make it to the early practices?** Then start when school starts. Run 20-30 minutes easy 5 days a week.

**Practice Times When School Starts:** 3:00-4:45 Five days a week. **Please** see calendar for exact practice schedule.

**Payment: Should be given and Give and Take**

**What is cross-country?** You hang out with friends, go to the beach, run in the woods, meet kids from other schools, get in shape, have lots of fun, play capture the flag. Cross-country is a school sport where students race two miles across fields and through woods. You will work but we will try to make it worth your effort.

**How far do you run?** The race is 2 miles. For those that think they cannot run two miles we build you up to it. You do not need to be able to do it the first day or even the first week. You will get there I promise.

**What do I need?** Physical, good running shoes, and a desire to have fun while you work. Please see the shoe section at the end of the sheet.

**Why would I want to do this sport?** You do not have to be fast or even a good runner to enjoy it. If you want to challenge yourself and be a part of team that will help you grow physically and mentally tougher then this is the place for you. The slower you are the more opportunity to improve. YOU CANNOT get cut.

**Who can run cross-country?** Girls and boys in the 7<sup>th</sup> and 8<sup>th</sup> grade can compete in the two-mile race.

**Can I play soccer and run cross-country?** If the soccer team you play for is a travel team, not the school/NORA team, you may. You must be well versed in the art of communication and not treat cross country as a drop in sport. We are flexible and interested in building life long runners who may not play soccer their whole life.

**Shoes** – You will need a good pair of trainers. I highly recommend that you go to a running shoe store for these. You may save \$20-\$30 but could end up paying more than that in co-pays for a wrongly fit shoe. Want to wear a minimalist shoe then you **NEED** to go to Gazelle Sports not MC so that they can give you the best advice!!!!!! Please go to get a good pair of shoes before the season. If you have any questions please call one of the coaches at home or school.

**Who do I contact for more information? Boys:** Mr. Salik Phone Number : 846-0263 [salikhm@ghaps.org](mailto:salikhm@ghaps.org)

**Girls** Mr. Mitchell Phone number: 616-402-0754 [mitchells@ghaps.org](mailto:mitchells@ghaps.org)

## Tentative Schedule with girls run first followed by boys

Date	Location	Time
Thursday, Sept. 7	@Mona Shores Invite	TBA
Wednesday, Sept. 13	@Jenison	4:15
Saturday, Sept. 16	@W.O. Invitational	In the Morning
Wednesday, Sept. 20	@Grand Haven	4:15
Tuesday, Sept. 26	@Grand Haven	4:15
Thursday, Sept. 28	Color Run@Northview	4:15
Wednesday, Oct. 4	@Grandville	4:15
Saturday, Oct. 7	@Portage Invitational	Bus will leave between 7:00-8:00 am run about noon.
Tuesday, Oct. 10	@Holland Christian Invitational	First race will begin about 4:15 and be done by 6:00
Wednesday	Capture the Flag and uniform turn in.	