

West Middle School Co-Ed Cross Country August 2021



Practice starts on Tuesday, August 17 from 9:00-10:30 am.

Meet at the West track on the west side of the school.

**Distance running in a fun & competitive environment.
Improve your running skills while representing your school in
a positive, healthy environment.**

- Must have a current sports physical on file within the last year.**
- Must complete all necessary paperwork.**
- Must continue to practice, keep grades up, compete, and enjoy the camaraderie of a great team sport!**
- Bring comfortable running clothes and a water bottle.**

Practice will be held every weekday morning August 17-27 from 9:00-10:30.

Starting August 30 through the remainder of the season, practice will be after school from 4:10-5:30. Please, contact Coach Duffy with any questions.

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