



Saline Middle School Cross Country Fall 2010

**All 7th & 8th graders are invited to join the Middle School cross country team!
The MS cross country team offers you a chance to experience the fun of a competitive sport in a positive atmosphere. Important dates to remember:**

Middle School (6-7-8) Cross Country Camp:

M-F July 26-July 30 8:30-10:00AM MS Track Fee: \$40

Get a jump start on the season! Registration includes a t-shirt. Go to www.salineonline.org to register. We have extended the summer Middle School Cross Country Camp to now include all incoming 6th graders - 8th graders.

Saline Summerfest 5k Run & Walk- Saturday, August 7, 8:30 AM

Race starts by Saline City Hall and finishes by Henne Field.

A Saline Chamber of Commerce Event with part of the proceeds going to the Saline Middle School Cross Country Program.

Go to salinesummerfest.com to find out more and to download an entry form or go to www.salinesummerfest5k.com!!

Summer Conditioning - Optional

We will meet Monday-Friday, August 23-September 4, 8:30-10:00AM at the MS Track! Let the fun begin!! Middle School runners are invited to attend optional conditioning with the high school boys and girls teams. Go to salinecrosscountry.org for more information.

Practice Begins!

We will meet on the first day of school, Tuesday, September 7 at 3:00 in the gym. If you have a current physical you can practice with us on the first day!

Go to salinecrosscountry.org for the 2010 Middle School Cross Country Schedule.

Questions?

If you have any questions please contact Coach Cindy Barnett at cbarnett@twotwelvearts.org

Contact Information

If you are interested in being part of the team send your name, phone number and email address to Coach Cindy Barnett at cbarnett@twotwelvearts.org

Have a great summer!!

