Athletics

MS Cross Country



Boys and Girls MS Cross Country is a Fall sport and will begin on Tuesday, September 8th

Meet Schedule

Boys and Girls MS Cross Country is a running sport for all ability levels. Cross Country is available to all 6th to 8th-grade students who are interested in running. Last year, the team had over 30 athletes and as a team competed well against other league teams. The team has been participating in meets within the Crosstown Middle School League this fall.

MS Cross Country activities (practice or meets) are 3 days/week from 3:00 to 4:30. Likely, meeting days will be Tuesday, Thursday, and Friday.

What will every player need:

1. Clothing appropriate for the day
2. Running shoes
3. Water Bottle
4. Willingness to learn and be a good teammate

You can register for cross country by sending an email to Alicia Gold (**Algold@overlake.org**) or Mike Fine (**mfine@overlake.org**)

Coaches

Rick Nelson
MS Boys & Girls Cross Country Coach
coachnelson@overlake.org

Audrey Bernal
MS Boys & Girls Cross Country Coach
abernal@overlake.org