

Athletics

## MS Cross Country





Boys and Girls MS Cross Country is a Fall sport and will begin on Tuesday, September 3rd (Tuesday after Labor Day).

### **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](mailto:Algold@overlake.org)) or Mike Fine ([mfine@overlake.org](mailto:mfine@overlake.org))

## Coaches

Adam Stuhlfaut (Coach Dude)  
**MS Boys & Girls Cross Country Head Coach**  
[coachstuhlfaut@overlake.org](mailto:coachstuhlfaut@overlake.org)

Audrey Bernal  
**MS Boys & Girls Cross Country Coach**  
[abernal@overlake.org](mailto:abernal@overlake.org)

Rick Nelson  
**MS Boys & Girls Cross Country Coach**  
[coachnelson@overlake.org](mailto:coachnelson@overlake.org)