

JOIN HOLMES MIDDLE SCHOOL CROSS COUNTRY!



**SIGN UP
TODAY!**

Are you looking for a fun and challenging way to stay active and make new friends? Joining the Holmes Middle School Cross-Country team might be the perfect opportunity for you!

As a member of the Holmes Middle School team, you will have the chance to improve your fitness level, set personal goals, and compete against other schools in the area.

Not only is cross-country running a great way to improve your physical fitness, but it's also a social activity that can help you develop new friendships and a sense of camaraderie with your teammates. You'll have the opportunity to work together to achieve team goals and support each other through the ups and downs of training and competition.

So why not give cross-country running a try?

**SEASON:
SEPTEMBER 25-OCTOBER 25**

**MEET SCHEDULE:
OCTOBER 4, 11, 18 AND 25**

[A+] 5:00 PM (MEET ON 18TH [A+] 2:30 PM) (OPTIONAL: STATE MEET OCTOBER 21)

**PRACTICES:
MONDAY-THURSDAY 4:00-5:00**

**PARENT
MEETING
9/25/23
4:00-4:15**

**RACE DISTANCE
1.5-2 MILES**

**OPEN TO ALL
6TH-8TH
GRADERS**

- HOW TO JOIN:**
- ✓ Submit physical
 - ✓ \$15 fee to the front office
 - ✓ Turn in blue card at practice



Contact: Coach Friesema @ andrea.friesema@d11.org