

# ***BELLMONT MIDDLE SCHOOL*** ***CROSS COUNTRY***

***(6<sup>TH</sup>, 7<sup>TH</sup>, 8<sup>TH</sup> GRADE)***

***First Official Practice***

**THURSDAY, AUGUST 08, 2024**

Meet by the trees outside the HS swimming pool windows  
3:15 P.M.-4:30 P.M.

You will need:

Shirt, Shorts, Running Shoes, Full Water Bottle(s)

## **\*MUSTS\***

\*\*\***ALL** physicals, waivers and medical forms  
must be submitted to the BMS Office before you may participate.  
BMS Office hours are Monday thru Friday 7:30 A.M. to 3:30 P.M.  
**DO NOT** bring your eligibility forms to the coach at practice.

Any questions please call

Bellmont Middle School Athletic Department 724-3137

**Girls Head Coach:** Christy Blythe 260-223-7055 or [blythec@nadams.k12.in.us](mailto:blythec@nadams.k12.in.us)

**Boys Head Coach:** Justin Ayres 574-238-9057 or [ayresj@nadams.k12.in.us](mailto:ayresj@nadams.k12.in.us)