Hello! I hope this message finds you well and enjoying the beginning of a fantastic summer break!

In September, your student will start middle school! One way to ease their transition is to encourage involvement in some facet of school. Here's a great option: I would like to invite your young person to join the Hopkins Cross Country Program! This is a sport for ALL abilities—we have work outs for beginners all the way to the advanced runner.

The Hopkins Cross Country Program is:

- A fantastic way to meet new friends
- A great workout after a long day of studying
- A unique chance to workout with fabulous high school runners
- A fun, wholesome way to spend a few hours after school

Cross Country is the perfect sport for students who like to have fun and like to be active, and it is a great way to get a head start in meeting new friends—making the start of middle school even more comfortable for your son or daughter. Without exaggeration, every runner who begins before the school year starts has reported it has helped them make friends before their academic year starts!

If you're interested in receiving more specific details, please **click this link.**
If you would like to be added to the email list **click this link.**

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