

# BELLMONT MIDDLE SCHOOL CROSS COUNTRY



## SUMMER TRAINING

**TUESDAYS AND THURSDAYS @ 9:00AM**

**BEGINS MAY 27TH, 2025**

**MEET UNDER THE TREES BY THE POOL WINDOWS  
(USUAL PRACTICE SPOT BY SOFTBALL DIAMONDS)**

Bring water and a pair of shoes to run in. Practice will last about an hour. Contact coaches if transportation is a barrier to practice. We start small and build up to longer runs. This is not required to be on the team, however it is encouraged and very beneficial for team bonding and improving.

### CONTACT INFORMATION

————— **Justin Ayres: 574-238-9057** —————  
**Christy Blythe: 260-223-7055**