

BELLMONT MIDDLE SCHOOL

CROSS COUNTRY

(6TH, 7TH, 8TH GRADE)

First Official Practice

THURSDAY, AUGUST 07, 2025

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

Boys Head Coach: Justin Ayres 574-238-9057 or ayresj@nadams.k12.in.us