

BELLMONT MIDDLE SCHOOL

CROSS COUNTRY

(6TH, 7TH, 8TH GRADE)

First Official Practice

MONDAY, AUGUST 10, 2026

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 signed and uploaded to FinalForms before participating.

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.

No medical insurance to complete a physical? Please contact the BMS Office or Mrs. Oliver olivert@nadams.k12.in.us

Any questions please call

Bellmont Middle School Athletic Department 724-3137 or

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