



## Warrior Cross Country

To: All future 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade girls and boys:

You are invited to join the Germantown Hills Warriors Cross Country team! Official practice for Cross Country will begin on Monday, August 3<sup>rd</sup>. If you choose to join Cross Country you must have a current sports physical and athletic permit on file in the middle school office by August 3<sup>rd</sup>. You must have both the sports physical and athletic permit on file to practice.

There are no tryouts for Cross Country therefore; anyone willing to push themselves physically and mentally is encouraged to join the Cross Country Team.

You are also invited to join us to get in shape for the Cross Country season by coming to Summer Run Club. Summer Run Club will begin on July 2<sup>nd</sup>. We will run on Tuesday and Thursday mornings from 8:00-9:00 am\*\*, meeting at the Intermediate School Entrance (new gym). We will be running around the middle school, Whispering Oaks, and at Great Oaks Community Church. Summer Run Club is not mandatory for those runners interested in joining Cross Country. Summer Run Club is designed to get runners in shape for the upcoming season and to build teamwork. \*\* Note that if it is raining or storming on any morning of summer run club we will not be running (We will have practice if it is raining or storming once official practice begins). **Please bring a water bottle with you to Summer Run Club and practice.**

If you have any questions about the Cross Country team or Summer Run Club, contact me at [marksj@ghills69.com](mailto:marksj@ghills69.com) or [glaubl@ghills69.com](mailto:glaubl@ghills69.com).

**You are also encouraged to go to the school website, choose warrior activities, and then cross country for further information about the cross country season including the season calendar (website will be updated by the last day of school).**



Coach Marks  
&  
Coach Glaub