



## **South Lyon Middle School Cross Country Team**

**TEAM WEBSITE: [bit.ly/slcsrunning](http://bit.ly/slcsrunning)**

First practice: Wednesday, September 6th (bring physicals if not turned in already)

Practices typically run Monday through Friday, after school to 4, meeting at the track between CMS and MMS. The season runs through late October.

Informational **parent meeting** for both middle schools on Wednesday, August 30, at 5:00 PM in the Centennial Middle School cafetorium. **Please note: This meeting is BEFORE school begins for students.**

Runners will be asked to purchase a team shirt (flyers will be available at the parent meeting, and online).

There will be an informational packet with athletic department forms available on the website and at the parent meeting. All forms are available online and should be brought to the parent meeting.

Forms required:

1. Emergency Contact
2. Pay to Play form
3. Pay to Play check made out to South Lyon Athletics

7/8th grade: \$85

6th grade: \$45

4. Physical dated after 4/15/17 - MUST HAVE TO PARTICIPATE

Cross Country is a distance running sport. Competition consists of a 2 mile race for 7/8th graders. Home meets are held at Island Lake State Park. 6th graders will race 1 mile at home meets only.

**Millennium** - Coach Costa [costac@slcs.us](mailto:costac@slcs.us)

Coach Taschner [taschnerg@slcs.us](mailto:taschnerg@slcs.us)

**Centennial** - Coach Montie [montieb@slcs.us](mailto:montieb@slcs.us)

Coach DeMoss [demosss@slcs.us](mailto:demosss@slcs.us)

**\*\*Sign up for text message alerts on the team website or text @cmsmmsxc17 to 81010\*\***