



Millennium / Centennial Cross Country Teams

TEAM WEBSITE: bit.ly/slcsrunning

First practice: Wednesday, September 4th (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 28, 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: \$100

6th grade: \$65

4. Physical dated after 4/15/19 - MUST HAVE TO PARTICIPATE

Cross Country is a distance running sport. Home meets are held at Island Lake State Park.

Millennium - Coach: Chris Costa costac@slcs.us Assistant Coach: Megan Priebe

Centennial - Coach: Brenton Montie cmsrunning@gmail.com Assistant Coach: Andrew Davey

REQUIRED: Sign up for text message alerts on the team website or text

@cmsmmsxc to 81010