



# Millennium / Centennial Cross Country Teams



Cross Country is a distance running sport. Runners work up to a 2 mile race, running on grass and trails. Our home meets are at Island Lake State Park. Cross Country is open to all grade levels and abilities - the only ability that is required is effort!

**\*Summer Running:** Please sign up for the Summer/Winter Running Club using this Band App: [bit.ly/SumWinRun](http://bit.ly/SumWinRun) There will be a form required for you to run with us as well as a \$30.00 check made out to South Lyon Community Schools as we are an official club. The running club typically meets 2 to 3 times a week all summer. All notifications of dates and times will be through the Band app in this paragraph.

There will be an informational **XC parent meeting** for both middle schools **BEFORE** school begins for students. **It is on August 30th in the Centennial cafeteria at 4:30.** Reminders for this meeting will be sent via Skylert and through the Band apps. **The meeting is intended for our new runners and parents to the XC team.** All of the information at the meeting will be shared on the Band APP. **(See below for the correct Band app school link to join)**

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

Practices run Monday through Friday, right after school to 4:00, meeting at the track between CMS and MMS. The season runs through late October. A calendar will be found on the Band app when it becomes available. Meets are typically held on Wednesdays starting at 4:00, girls will run first followed by boys around 4:30.

Runners will be asked to purchase a team shirt as their uniform. (Flyers will be available at the parent meeting and on an online link so be sure to sign up for the Band app for updates as we get closer to the end of August). **Shirt orders must be in by midnight on Friday 9/8/23.** This short time frame is so that we can have our team shirts for our second meet.

**Required Athletic Forms:** All forms and payments will be online using revtrak.net. The revtrak link for the forms will **NOT BE AVAILABLE UNTIL MID AUGUST** - Be sure to sign up for the Band app to get notifications for when the link will be active.

**Be aware that ALL athletes must turn in an updated physical (dated after 4/15/23) to participate.**

If you have any questions feel free to contact the appropriate coach using the email addresses below.

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

**Centennial** - Coach: Brenton Montie [cmsrunning@gmail.com](mailto:cmsrunning@gmail.com) Assistant Coach: Andrew Davey

**REQUIRED: Sign up for alerts - Be sure to TURN ON notifications**

Band App alerts - required		
MMS	Students and parents Band App:	<a href="http://bit.ly/mmsxc23">bit.ly/mmsxc23</a>
CMS	Students and parents Band App:	<a href="http://bit.ly/cmsxc23">bit.ly/cmsxc23</a>