



Millennium / Centennial Cross Country Teams

TEAM WEBSITE: bit.ly/slcsrunning

First practice: Wednesday, September 8th (bring physicals if not turned in already)

Practices run Monday through Friday, after school from 2:45 to 4:00, meeting at the track between CMS and MMS. The season runs through late October. Home meets are held at Island Lake State Park typically on Wednesdays.

Informational **parent meeting** for both middle schools on Wednesday, September 1st, 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 on the team website). Shirt orders must be in by 10PM on 9/13/21. (This will be the shirt they run meets in).

All forms and payments will be completed online through RevTrak. The link will be active **August 9th**.

Link: <https://southlyon.revtrak.net/>

Fees:

7/8th grade: \$100

6th grade: \$70

Athletes **MUST** bring a physical dated after 4/15/21 to be able to participate. This may be turned in at the parent meeting or it can be brought to the first practice. Students **MUST HAVE IT TO PARTICIPATE!**

Cross Country is a distance running sport. Home meets are held at Island Lake State Park and start at 4:00.

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

Remind text alerts - required		
MMS	Students: text @2021MMSCCS to 81010	Parents: text @2021MMSCCP to 81010
CMS	Students: text @cmsxcstu to 81010	Parents: Text @cmsxcpar to 81010