



# Millennium / Centennial Cross Country Teams



[Click to watch intro video first](#)

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

**At this time, we do not know what the fall will look like. It seems best to assume fall sports will be happening so that we are ready in the event that they do. Please sign up for the alerts and for summer running and keep an eye on the team website and skylerts sent by the schools. If we cannot run together over the summer, we'll still send out workout ideas so your runner is ready for the fall.**

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 Off Season Running Club using the Band App - There will be a form required the first time you run with us (once we get the go ahead). Everything will be through the app. If we can't run in person, we'll send workouts and videos. [bit.ly/offrun2021](http://bit.ly/offrun2021)

Tentative first practice: Wednesday, September 9th (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.

Tentative informational **parent meeting** for both middle schools will be **BEFORE school begins for students. Information will be sent via Skylert and through the apps.** It might be virtual.

Runners will be asked to purchase a team shirt (flyers will be available at the parent meeting and online once we get word on what the season will look like). Shirt orders must be in by 9am on 9/11/20.

**Forms required:** PLEASE HOLD OFF ON COMPLETING ALL FORMS UNTIL AUGUST

There will be an informational packet with athletic department forms available on the website and at the parent meeting. All forms will be available online by August and should be brought to the parent meeting if we have it in person.

1. Emergency Contact
2. Pay to Play form
3. Pay to Play check made out to South Lyon Athletics
4. Physical dated after 4/15/20 - MUST HAVE TO PARTICIPATE. This year, MHSAA will allow physicals dated from 4/15/19, with this form filled out: [bit.ly/mhsaaslcs](http://bit.ly/mhsaaslcs)

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

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

REQUIRED: Sign up for alerts

<b>Remind text alerts - required</b>		
<b>MMS</b>	<b>Students: text @mmsxcs to 81010</b>	<b>Parents: text @mmsxcpa to 81010</b>
<b>CMS</b>	<b>Students: text @cmsxcstu to 81010</b>	<b>Parents: Text @cmsxcpar to 81010</b>

Parents and students,

We wanted to provide you with this information regarding MHSAA Physicals for this coming year....

Preparticipation **Physical Examinations** (Regulation I, Section 3 and Interpretation 20): For the 2020-21 school year the MHSAA pre-participation sports physical requirement will be waived for students in any grade who received a valid physical for sports during the 2019-20 school year (one completed on or after April 15, 2019). These students and their parents/guardians will be required to complete the two-page MHSAA SPORTS **HEALTH QUESTIONNAIRE** found on MHSAA.com. These must be completed by student and parent/guardian and kept on file in the school. Students who did not receive a sports physical in the 2019- 20 school year or later must have a valid physical examination form on file. If a student is discovered to have participated without a valid physical or Health Questionnaire on file, the student shall not be eligible to participate until a valid physical or Health Questionnaire is on file. The penalties of Regulation V, Section 4 (forfeiture) will not be applied in this situation for contests played prior to the discovery during the 2020-21 school year. Note: A valid physical and Health Questionnaire shall also include the elements of Regulation I, Section 3-A (information otherwise protected by FERPA and HIPAA, parent/student consent and assumption or risk and concussion awareness). A school may still require that a student or all students complete a valid physical requirement, as in the past. (Motion by Karen Leinaar, supported by Don Gustafson, to approve. Adopted.)

**So, for this coming season here is what a student MUST have in order to participate in ANY type of team conditioning, tryout, practice or contest.**

1. A new physical taken after April 15th, 2020

**OR,**

2. A valid on file physical from last year, taken after April 15th, 2019 **along with** completing the MHSAA Health Questionnaire to provide some more up to date health information.

Please note: 8 grade students who had a physical on file with Millennium or Centennial have had their physical moved to the high schools. 6th and 7th grade students still have their physicals at Millenium and Centennial.

Here is the link to the MHSAA questionnaire: [LINK](#)