



# 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 Off Season Running Club using this Band App: [bit.ly/offrun2122](https://bit.ly/offrun2122) There will be a form required the first time you run with us. 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.

There will be an informational **parent meeting** for both middle schools **BEFORE school begins for students. The meet date and time will be sent via Skylert and through the Band apps. (See below for the correct Band app school link to join)**

Tentative first practice: Wednesday, September 7th (bring physicals if not turned in already)

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, boys will run first followed by girls around 4:30.

Runners will be asked to purchase a team shirt as their uniform. (Flyers will be available at the parent meeting and online 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 9am on 9/9/22.

**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 into the coaches an update physical (dated after 4/15/22) to participate.**

If you have any questions feel free to contact one of the coaches using the email addresses below.

**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 - Be sure to TURN ON notifications**

Band App alerts - required		
MMS	Students and parents Band App:	<a href="https://band.us/n/a3ab72p4V6b59">https://band.us/n/a3ab72p4V6b59</a>
CMS	Students and parents Band App:	<a href="https://bit.ly/CMSXC21">bit.ly/CMSXC21</a>