

MIDDLE SCHOOL CROSS COUNTRY!

Come be a part of the island's Middle School Cross Country Team!

Help us establish a middle school cross country team for grades 5th - 8th this fall. Last year we had runners from West Tisbury school travel to the Cape to run races against other Cape middle schools. It was a great success!

Why join?

- Introduce another sports option for kids at this level.
- This is separate from our middle school track program, but you can do both.
- We need a minimum of only 5 boys and 5 girls, island wide, for a full team.
- Most schools on the Cape (along with Nantucket) have middle school programs for grades 5-8.
- MVRHS Cross country currently does not have a legitimate feeder system for xc. This would help build the program at MVRHS.
- The season is relatively short: mid September to the end of October.
- Focus is on the development of young runners.
- Athletes will gain exposure to appropriate training methods.
- Race distance is developmentally appropriate, less than 1.5 miles on trails not on the track.
- All island format fosters comradery among island schools and athletes.
- Commitment would be a maximum 3 days/ week for the team (1 meet per week + practices). However, that can be flexible depending on availability.
- Meets will be off island and on island.
- Football has done this for years with the support of every school.
- The high school coaches support this as they see it as a model for future middle school programs.

Amity Island runners Marylee Schroeder and Keith Tully lead the team. Members of the high school team also help. Please consider signing up for this great opportunity to be a part of something new. We would like to start again this fall/ late summer.

First practice will be MONDAY 8/31/2026, 4:30 @ MVRHS by the track. We will also practice on Wednesdays at the same time and location.

Feel free to reach out to Joe Schroeder (joe.c.schroeder@gmail.com), MVRHS cross country coach or to your school's PE teachers with any questions and to sign up!