

Rising 8th grade girls and parents,

Congratulations on finally making it to the final year of middle school. As a former middle/ elementary school teacher, I know how special the upcoming year will be.

I wanted to let you know about a new opportunity for 8th grade girls.

The high school is allowing 8th grade girls to join the cross country team!

I am the cross country coach at the high school and I would like you to consider joining our team this fall.

There are many benefits to joining cross country, a fall sport, not the least of which is having friends in different grades and backgrounds before you even arrive at the high school next year.

Yes, it is running and some of us see running as a form of punishment or something we had to do to get in “shape” for our other sports. Yes, you will be super fit but cross country is much more than just running.

It is all about:

- Camaraderie and inclusion: we train together, start to finish, new runners, JV + Varsity, boys and girls.
- Mental toughness: pushing through obstacles, setting and achieving goals.
- Stress relief and focus: this translates directly to the classroom. We have high performing student athletes as well as high performing athletes for a reason!
- No cut policy and equal opportunity for success.
- Developing life skills such as discipline, time management, being a good teammate, respect, and supporting others.
- Opportunities to see new places: we travel all over Massachusetts including, but not limited to, Boston, the apple orchards of central MA and the Cape Cod Fairgrounds.
- Above all, it's super fun!

Please consider our sport.

Feel free to email me with questions or if you are interested in joining. Or, you can go directly to registration here [registration for MVRHS athletics](#)

Thanks for your time,

Joe Schroeder

MVRHS cross country coach

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