

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! Let's make this island wide!

Register using this link

https://docs.google.com/forms/d/e/1FAIpQLSfGyHVbZd3gKIWUrAUx_iQHADK6DSmV9v8cWBju8TFdc3BrZw/viewform?usp=header

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.
- Jr High Football has done this for years with the support of every school.
- 8th grade girls have the option to compete on the MVRHS cross country team if they choose.

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Amity Island runners and coach 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.

First practice will be Wednesday 9/9, 4:30 @ MVRHS Meet by the track. We will also practice on Mondays at the same time and location.

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