

Cross Country Team

Laurel Christian School

11 August 2017



Summer is over, and it is time to start back to school. Fortunately though, Cross Country season is about to start!

The Cross Country season is one of the shorter athletic seasons (only about 10 weeks to train and compete). With our state MAIS meet on October 24th, we have no choice but to get started practicing as soon as school starts back....Actually, I hope that you have been keeping the pavement warm this summer - running!

We will practice Monday, Tuesday, and Thursday afternoons each week. Monday and Thursdays will be at the Laurel SportsPlex. The team will meet at the SplashPad area (covered pavilion). On Tuesdays, we will be at the Laurel High School Football Field (track). I encourage each runner to attend two to three practices each week. I am happy to work with athletes, who are involved in other activities and can not attend some practices.

*Athletes need a current physical to participate in any school sport. If you participate in multiple sports, one physical covers all sports.

Cost - \$50

Available to students 6th grade and up

Practice

- Monday and Thursday - 5:15 until 6:00 @ The Laurel SportsPlex - Splash Pad Area
- Tuesday - 5:15 @ Laurel High School Football Field [TRACK]

Meets

- 3:00 Monday, August 28th - Jackson Academy
- 3:00 Monday, September 18th - PCS
- 4:00 Monday, September 25th - MRA - Schedule Permitting
- 3:00 Tuesday, October 10th - Columbia Academy
- Tuesday, October 24th - MAIS Overall Meet

Contact Information

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<http://laurelchristian.org/students/athletics/cross-country/>

