



CROSS COUNTRY PRACTICE

Beginning August 1, 2017

Every Tuesday, Wednesday, and Thursday

4:00 P.M. – 5:15 P.M.

East Middle School Field

(Located behind the School)

**ALL STUDENTS ARE WELCOME INCLUDING
BEGINNERS!!**

**CROSS COUNTRY IS AN EXCELLENT ENDURANCE
TRAINING FOR OTHER SPORTS LIKE SOCCER AND
BASKETBALL!**

CONTACT COACH CHRIS LAMB WITH QUESTIONS

AT 814-746-5595