

HARRISBURG  ACADEMY

X-C



Middle School Cross-Country

Intramural Coed Grades 5-8

Cost: \$50.00

Our Goals:

1. **Help you gain an appreciation for running! Running is a lifetime sport and activity.** It has great health benefits. You can do it almost anywhere, all year long. And the only special equipment you need is a good pair of running shoes!
2. Help you safely learn how to run longer, faster, and better; build your endurance, and improve your cardiovascular condition ♥! You don't even need to be able to run a mile to start; we'll help you get there. X-C is also great off-season training for other sports.
3. **We will participate in races during the season.**

Schedule:

- August 31 - October 8, 2010 (end date subject to change)
- Four-day practice schedule, Monday - Thursday, 3:15 - 4:30. Fridays will be the rain-date practice days for the week.

Check www.highschoolsports.net for the daily schedules

- EVERYONE WHO PLANS TO PARTICIPATE MUST HAVE A SPORTS PHYSICAL BY August 31, 2010. Download forms prior to the exam at www.harrisburgacademy.org/athletics
- Hurry and sign up before all the roster sports are taken (25 student max).

QUESTIONS? Contact Coach Sarah Ballard at 763-7811 x346 or at ballard.s@harrisburgacademy.org OR Mr. John Martin, Middle School Athletics Director, at martin.j@harrisburgacademy.org or at x323.

