



GMS CROSS COUNTRY SUMMER RUN CLUB

Making Fall Champions

During the months of June and July cross-country runners will meet on Mondays and Wednesdays. In June we will meet at Westside Park. In July we will meet at Craig Park (This could change depending on construction). The first summer practice will be June 3rd, and all running workouts will be from 8:00am to 9:00am.

All summer workouts are open to anyone who would like to run with us. We love for parents to run with us. Young runners (4th grade and under) must have an adult running with them.

5th graders may run with the team in all meets, except for the County and Conference.



**Greenwood
Middle School
Cross Country**

**Head over to our
website or Twitter
for team updates
and information!**

Website:

gmscrosscountry.weebly.com

Twitter:

GMSXCountry

Contact Info:

Head Coach:

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