**Practice Information:**

GMS Cross Country

* Our first official practice will be the first day of school, **Tuesday, July 30th.**
* Practice will be held Monday through Friday after school until 5:00pm.
* During school, students will meet in the auxiliary gym immediately after school.
* Bring clothes to change into. You can change in the athletic locker rooms.
* You can also bring a snack to have before practice and **PLEASE** bring a water bottle to use during practice.
* You don’t need to sign up to join cross-country, just show up to practice after school ready to run. The only requirement to be able to run is to have a physical turned in to the athletic office by **Tuesday, July 30th.**
* Rides can pick you up in the south lot at 5:00pm.

**Meet Information:**

* Information for meets and a meet schedule will be coming out to runners once the school year begins.
* Each race is a 3k, which is approximately 1.8 miles.
* Home meets will be run at Freedom Park.
* The team will travel by bus for away meets. Students will stay after school until the bus picks them up for the away meets. Students can either ride the bus home from away meets or ride home with a parent as long as the parent or guardian of the student has signed out the student from the coach’s binder.
* Most meets will occur during the week. However, there will be three Saturday meets.

**Announcements/Additional Information:**

* Website: <http://gmscrosscountry.weebly.com/>
* Twitter: GMSXCountry
* Instagram: gmsxcountry

**Coaches/Contact Information:**

**Head Coach**

* **Melissa New:** **mnew@gws.k12.in.us**

**Assistant Coach**

* **Matt Hockersmith:** **mhockersmith@gws.k12.in.us**