

Jefferson Middle School Cross Country 2010-2011 Season
Summer Running

"Coming together is a beginning, keeping together is progress,
Working together is success."



Congratulations on your decision to run cross country. This sport will push you beyond more physical and emotional walls than you would ever think possible. This is a sport that includes both work and play. We are going to address the work first and hope you will commit yourself to running in order to enjoy the fun and glory of winning! JMS's summer cross country running program is a voluntary way to get in shape for the 2010-2011 season. Middle school summer running will be held Tuesday and Thursday from 7:45-9:00 a.m. at **Jefferson Elementary School**. Summer running begins on Tuesday, June 1st and, with the exception of the week of July 4th, will be held every week. While not mandatory, summer running is an excellent way to get to know your future team members and get your body conditioned. What do you need to bring? A water bottle, good running shoes, and your determination! Practice will begin promptly at 7:45. We will stretch and be on the road by 8:00. See you on June 1st!

Coach Alexander * & Coach Mullis

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