

Anchor Bay Middle School South Cross Country 2009 -10 Season:

Pre-Season Conditioning: Mon. & Wed. Evenings: Aug. 10 – Sept. 2nd :
6 – 7 p.m. at Anchor Bay NORTH (next to Aquatic Center)
paperwork required by Sept. 9th to participate at School Organized Practice!

What is middle school cross- country (x-c)?

Cross- country (middle school) is running a race usually across science terrain of approximately a 1.5 mile course.

Who is eligible to run middle school x-c?

Any girls or boy in the 6th, 7th, or 8th grade.

How long is the season?

September 12 – October 20th

Who is the Middle School South Coach?

Colleen Mellon, School District Employee
Anchor Bay School District Aquatic Center Coordinator

What do I need to participate?

REQUIRED PAPER WORK: current physical, emergency card, insurance waiver

When is practice?

Monday/ Wednesday/ Fridays: 3:00 – 4:00 p.m.
Begin Wednesday Sept. 9th

Where do we meet for practice?

In the hall, outside the gym; be READY to practice at 3:00 p.m. Sharp

What do I wear to practice?

Shorts, t-shirt, shorts, socks, running shoes and a water bottle;

Where do we run for practice?

On the track, and in the back by the baseball/ softball fields behind Sugarbush Elem.

What does a practice consist of?

Be for Practice at 3 p.m., stretch 3 – 3:10,

Outside warm-up 3:10 – 3:20;

Run and drills 3:20 – 3:45~

Stretch and cool-down 3:45 – 3:55~

Pick-up 4:00 (in the event of rain or excessive heat, we will run the halls)

Who do we compete against?

Most meets are invitational events. We run against numerous teams at one race.

Day:	Meet:	Time	Meet Location
Sat. 9/12	Algonac Invite	9:00 a.m.	Algonac High School
Fri 9/25	AB Invite @ Stoney	4:00 p	Stoneycreek/ Eastwood Beach
Thurs. 10/1	DHS/ CV MS Invite	4 p.m	Clinton Twp. Civic Center
Fri 10/16	AB Middle Invite	4 p.m.	Aurand Park; 24 mile road
Tues. 10/20	Shadywood Invite	5 p.m.	Delia Park

How do we get to the meets?

Parent participation

What if my parents, or I have questions or concerns?

Call me at 586-716-4623 or e-mail: cmellon@abs.misd.net

