

2017 NMS CROSS COUNTRY

Hello, my name is David Onellion. I am the Head Cross Country Coach at Northwestern Middle School. I would like to invite your child to be a member of our cross country team at Northwestern Middle School for the 2017-18 school year.

Our first summer workouts will be Wednesday, July 5th and Thursday, July 6th from 8:00-9:30 at NMS. After the first week, we will have workouts every Monday, Wednesday, and Thursday for the remainder of July at the same time. I will also give your child a workout and practice schedule for the months of July and August when they attend their first workout. These workouts are not mandatory, but I would like to see them make as many of them as they possibly can. They are **crucial** in the development of your child as a cross country runner. **I will need a copy of a current up-to-date athletic physical when he/she attends their first workout.** You may pick up a blank copy in our school office or print one off our school website on the sports page.

Tryouts for the Cross Country team will be held on Thursday, August 10th after school until 3:45

If you have any questions, please feel free to e-mail me at david.onellion@zacharyschools.org

Student Name _____

Parent Name _____

E-mail _____
