



Northside XC 2019



Like sports dynasties of the past, our idea is simple: We don't rebuild, we reload. The Northside Spartan Cross Country **TEAM** has become one of the top Middle School programs in Indiana due to the hard work of our past and current coaches and runners.

TEAM

All Spartans are members of one **TEAM**. Each runner will have a role on this **TEAM**. Our goals are simple: Work hard, have fun, and improve... every day

Our **TEAM** practices together, competes together, has fun together, and has a long tradition of *winning* together

Cross Country is a unique sport. You are part of a **TEAM** competition. You are competing against other runners and trying to help your **TEAM**. However, the most important part of this sport is *improvement*. A runner's time in the beginning is not important except as a comparison to times in late September. Improvement is the goal of each team member.

DATES AND TIDBITS

-**Optional** Summer Runs will be held at Mill Race Park and/or Northside Middle school during the summer three days a week beginning the week of **June 10**

*Mondays- 4:00 at Northside.

(Drop off in the back)

*Wednesdays- 4:00 at Northside.

(Drop off in the back)

*Thursdays- 4:00 at Mill Race Park

(Meet at the front lot near the Amphitheater)

*These practices may not occur every week due to the scheduled vacations of the coaches and holidays.

-Regular practices will begin Monday, August 5th at Northside. Practices will last from 3:15 until 4:45. Physicals **MUST** be submitted by that day or athletes will not be permitted to run.

-When school begins on August 7, **TEAM** members will dress for practice and meet on the patio ready to go by 3:20. With some exceptions, practices will be held Monday through Friday.

***Don't forget your physicals.**

***Completed physical forms will be necessary in order to participate in the practices that begin August 5th. They are not required for the optional Summer Runs.**

***Schedule your appointments over the summer.**

COACHING STAFF -

It is our hope that you would contact us throughout the remainder of this year if you have any questions for us. We are so excited to be representing Northside and working with what we are sure will be an outstanding group of students and runners!

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