



## 6th Grade Boys and Girls Cross Country Clinic

Incoming 6th grade boys and girls that would like to experience the sport of cross country running will have the chance to run and practice with our middle and high school cross country teams. You will be exposed to positive role models and learn about a great team and individual sport. You will also have a chance to run in a race at Bertram Park on Friday, August 25<sup>th</sup>, and in a race at our Monticello Invitational Cross Country meet at Bertram Park on Saturday, September 9<sup>th</sup>.

**\*\*Informational meeting and registration is on Thursday, August 3<sup>rd</sup>, at 7:00 p.m. at the high school. Check signs for meeting rooms.**

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**PRACTICE SITE: Monticello HIGH SCHOOL TRACK**

**PRACTICE DATES: Monday, August 14<sup>th</sup>- Friday, September 9<sup>th</sup> (Times will change due to the start of school)**

### **CC Current Schedule:**

- August 14<sup>th</sup>-August 17<sup>th</sup> (Monday-Thursday) 8:00am-9:15am
- August 21<sup>st</sup>, August 22<sup>nd</sup>, August 24<sup>th</sup>, August 25<sup>th</sup> (Mon., Tues., Thurs., Fri.) 8:00am-9:15am

**\*Race at Bertram Park—Friday, August 25<sup>th</sup>—9:00 a.m.**

- August 28<sup>th</sup> (Mon. 3:15-4:45), August 29<sup>th</sup> (Tues. 3:15-4:45), August 30<sup>th</sup> (Wed. 3:15-4:45), Sept. 1 (Fri. 8:00-9:15 a.m.)
- September 5<sup>th</sup>-September 8<sup>th</sup> (Tuesday-Friday) 3:15-4:45pm

**\* Saturday, September 9<sup>th</sup>: 9:15am—Race at Bertram Park-Monticello**

**\*\*PHYSICAL EXAM:** You will need this by August 14<sup>th</sup> before you are able to practice with the team. Please check with local clinics. If needed, print the [Sports Qualifying Physical](#) to bring to your provider. You or your provider may send the physical to the MS office 2 ways: MS Fax at 763-272-2109 or email to: [lori.pippert@monticello.k12.mn.us](mailto:lori.pippert@monticello.k12.mn.us)

**REGISTER:** On parent/guardian portal-school store-activity (cross country). The fee for 6<sup>th</sup> grade runners is \$75. If you have questions regarding registration, please contact the middle school office.

**BRING TO PRACTICE:** Bag and water bottle. Wear running clothes and have appropriate running shoes.