

Middle School Girls and Boys Cross Country Fall 2024

The Monticello girls' and boys' cross country teams would like to invite you to join the AWESOME sport of cross country running this fall! We are a **7-12 program** and we have a great number of runners coming back. But it is important for our program to continue to add runners at the middle school level to keep our program strong!

All 7th-12th grade girls' and boys' cross country runners will begin official practice on August 12th at 8:00 a.m. We will meet on the west side of the high school next to the high school track. We will give you a full season schedule on that day.

Physical Exam: You will need a sports physical on file to be able to start practice with the team. Physical exams are needed every three years. Schedule these earlier in the summer. Check with clinics or chiropractic offices.

Registration: Is on parent/guardian [portal](#)-school store-activity (cross country) and will be open mid-summer. If you have questions regarding registration, please contact the middle school office. This must be completed prior to being able to practice.

Note: 7-12 HS Fall Sports Information Night is Monday, July 29th, at 6:00 p.m. at MHS.

What to bring/wear to practice: running shoes, t-shirt, shorts to run in, water bottle, small lightweight backpack

We are VERY excited for the Fall 2024 cross country season! We hope you decide to join this wonderful sport!!

Girls Head coach: Gail Grieme gail.grieme@monticello.k12.mn.us

Boys Head coach: Tony Kortenkamp anton.kortenkamp@monticello.k12.mn.us