

Cross Country Fall 2018



We are excited to announce that we are planning a Middle School Cross Country program that will include 6th-8th Grade athletes!

What is Cross Country?: A sport where true athletes can shine. A sport where individual hard work shows in your individual results. A sport that creates bonds between athletes that can last a lifetime. A sport where you rely on teammates to push you and you can push them to be YOUR BEST.

Location: North MS and South MS will have their own coaches and their own programs starting in the fall of 2018.

How?: Because of this transition, we have gotten it approved to start our school team with incoming 6th Graders to join our 7th and 8th grade teams!

Why participate?: We will be focusing on fun, hard work, self-improvement, athletic development and representing your school for the first time. Cross country will be the first sport that you will be able to compete for as a MS athlete in 6th grade. This sport prepares you for all other sports – builds endurance, speed, strength, competitive focus, and instills dedication. Even if you don't see yourself as a distance runner today, the benefits justify giving it a shot! ALL are welcome!

Program: North and South will have 6th, 7th, and 8th graders working together as a team. Meets allow an unlimited number of runners (exception being the ESD meet), and we will race all

when they are ready! Previously we had all 7th and 8th graders come to the HS for practice. This transition will allow for more individual attention and further athletic development! At meets, NMS and SMS will race together under one Harrisburg Team.

Practices: These would primarily be held at your individual schools. Season would begin with the start of the school year. Practices would start after school and be done between 4:30 and 5:00 most days. One day per week, we will all practice together at the High School. Transportation to practice will be provided and parents will pick up at the HS that one day. This will help add to evaluation and team building.

Meets: You will be participating in all the same meets as the Varsity team that host a Middle School division. We are also looking to add a few dedicated MS only races! Most MS races are 3k-4k in length, run on golf courses or in parks. A MS meet schedule will be available this spring. All 6th, 7th, and 8th graders race in the same division!

Interested?: We are looking to get a rough number of incoming 6th and 7th graders for next fall that would *consider* coming out for Cross Country in the fall of 2018. ALL ARE WELCOME!

All current 5th and 6th Graders, please email me at matt.genrich@k12.sd.us to express interest!

When we are confirmed to offer this in the fall, I will contact you about summer training, group runs, camp options, team information, meet schedules, parent meetings, etc.

I look forward to working with you!

Matt Genrich
Head Cross Country Coach – Harrisburg HS