

# Donegal Junior High Cross Country



## What you need to know:

Q: What is Cross Country?

A: It is a middle school team sport. You run and race against other junior high runners from other schools.

Q: When is Cross Country?

A: All fall junior high sports start on August 24 and end in mid-October.

Q: When is practice?

A: The first week of practice is before school starts at 3:30. Once school starts practice is after school at 3:30. Meets are on Tuesday, but we will go to 2 bigger Saturday meets.

Q: When is practice?

A: Most meets are on Tuesday, but we will go to 2 bigger Saturday meets.

Q: What do I need?

A: You really only need a good pair of running shoes. Uniforms & warm-ups are provided.

Q: What do I need to do to be on the team?

A: First, contact Mr. Koser. Second, you need to get a physical. Once you hand your physical papers into the HS office, you are on the team.

## Involvement in CC means:

1. Great friendships.
2. Healthy exercise- nothing beats being healthy and fit!
3. Fun- you are part of a team and do a lot of fun activities.
4. Being apart of a middle school team.
5. Rewarding- There is satisfaction in working hard and pride in doing a great job!
6. CC helps you stay disciplined, get good grades, and develops confidence and a positive attitude!

## Schedule

- Sept 2 -@ John Rudy Park(scrimmage)
- Sept 7 - @ Lebanon
- Sept 14 - @ **Home**
- Sept 18 - Annville JH Invite
- Sept 21 - @ LC
- Sept 28 - @ **Home**
- Oct 5 - @ NL
- Oct 12 - @ Hempfield
- Oct 16 - Iron Bridge JH Invite

## Important Dates

- Team Picnic- June 23, TBA, Sico Park
- First day of practice is August 23 @ 3:30 (DMS-Lobby)
- Informational Parent Meeting -TBA

## Summer Runs

Monday and Tuesday evenings starting June 14 we will get together for some optional runs at 7:00 pm at the high school. Sometimes we will run, do a game, or make up a running game. We will meet for about 1 hour.

## **Thinking about being on the team?**

1. Talk to your parents about joining the team.
2. Check out the team website:  
[www.rundonegal.com](http://www.rundonegal.com)
3. Talk to your friends about joining too.
4. Get your physical papers completed and handed in!!
5. Do some summer running to get into shape.