



**2011 RCS Cross Country Team
Middle School & High School**

Come join us for a season of fun and running! Everyone is a "Starter." Work hard and earn many individual and team awards.

Monday, August 15th

8:00-9:30am- **Practices start** Wear athletic shirt/shorts and running shoes.

9:30-10:00am- **Parent Information Meeting:**

Cross Country Athletic Packets, practice and meet schedule will be provided at the meeting.