



Reading Middle School Cross Country Team



REGISTRATION WILL OPEN June 16th FOR THE 2021 FORR MIDDLE SCHOOL CROSS COUNTRY PROGRAM

Friends of Reading Recreation is planning for a full cross country season this fall. While we continue to trend in a great direction relative to the pandemic, there remains uncertainty regarding some of the larger events and final town protocols. Currently, we are planning for the following:

- Season will begin on Wednesday, September 8th and will run for approximately 10 weeks
- Practices will take place every Mon/Wed/Fri from 3:15-4:15pm at the Birch Meadow fields
- Participation in 3-4 inter-town cross country meets (schedule TBD)
- Participation in invitational meets, State Championship meet and USATF meets (dependent on race organizer guidelines)
- Optional summer training program at Memorial Park

This program is open to Reading middle school boys and girls of all running abilities. The primary purpose of the Middle School Cross Country team is to engage young runners that are interested in developing their skills in this sport. Focus will be on proper training, form and technique, core and other strengthening drills and...most of all...having fun! Prior experience is not required. However, student athletes should run enough over the summer to be able to sustain a minimum of 15-20 minutes of continuous running at the start of the season.

Please consider the following when determining whether or not to sign up your student athlete: Due to demand, this program has always had capacity constraints. However, we expect additional restrictions on the team size for this fall. So please ensure that your child will be able to balance this with their other activities and be able to **fully participate**. **Team members are expected to participate at all practices and meets.** We plan to accept as many student athletes as possible.

The program is run under the direction of Head Coach Dan Prinic along with Assistant Coaches Chris Ritondo and Meghan Doyle, and Team Manager Kathy Kinney. Coach Prinic brings over 20 years of coaching experience from middle school to the collegiate level. He is a USATF Level 1 certified coach.

The registration fee is \$160 and includes a full team uniform and entry fees to all meets. Team registration is limited to ensure a quality experience for all runners. Register online starting June 16th at: <http://clubs.bluesombrero.com/friendsofreadingrec>. For questions regarding registration or program details, please email formsmxc@gmail.com.