



Reading Middle School Cross Country Team



REGISTRATION WILL OPEN MAY 19th FOR THE 2025 FORR MIDDLE SCHOOL CROSS COUNTRY PROGRAM

- Season will begin on Wednesday, September 3rd and will run for approximately 9 weeks
- Practices will take place every Mon/Wed/Fri from 3:15-4:20 pm 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 runs at Memorial Park every Tuesday and Thursday morning from 8:15-8:45 am

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 who are interested in developing their skills in this sport. Focus will be on proper training, form and technique, core and other strengthening drills. BUT most of all, we have 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. Please ensure that your child will be able to balance this program with their other activities and be able to fully participate. We plan to accept as many student athletes as possible, but team registration is limited to ensure a quality experience for all runners.

The program is run under the direction of Head Coach Dan Princic, along with Coaches Meghan Doyle, JC Honer and Laura LaFrancesca. Coach Princic brings over 20 years of coaching experience from middle school to the collegiate level.

The registration includes a full team uniform (for those who need it) and entry fees to all regular season meets.

Register online starting May 19th at 7:00 pm at: <https://go.teamsnap.com/forms/482571>

For questions regarding registration or program details, please email forrmssc@gmail.com.

Friends of Reading Recreation – 24 Smith Avenue – Reading, MA 01867