

Get a Physical ASAP!



Get a Physical ASAP!

Bulldog Cross Country

Summer Running Camp

Grades 6 -8

August 8 - August 19

7:00 - 8:00am

Meet at Circle Drive

Camp Signup: [Cross Country Summer Camp LINK](#)

Cross Country Team Details:

- Practice starts on August 22 3:30 - 4:30 at Circle Drive & continues everyday after school.
 - Official registration on the District webstore begins Wednesday morning, August 24 at 9:00am
- (Spaces might be limited depending on Mon & Tues practice turnout.)**
- Spots will be saved for interested girls that tryout for basketball and do not make the basketball team!
 - **A limited number of spots will be open for 5th grade students after they complete a timed 1 mile run on Tuesday, August 23!**

Further Cross Country details will become available as we get closer to the start of school on our Athletic website:

<https://rmsathletic.weebly.com>