



## Simmons Cross Country Team

**Pick Up Registration Packet:** Packets available in Mr. Mueller's Room (440) and the Main Office on Monday, August 26th and Tuesday, August 27

**Practice Starts:** Wednesday, August 28. Meet in room 440.

**Practices:** Monday-Thursday, 2:45pm-4:15pm

**What to wear:** Shorts, t-shirt, running shoes

**\*Bring a water bottle**

**\*Come ready to run and have some fun! No experience necessary! No try-outs - everyone makes the team!**

**See Mr. Mueller in Room 440 or Mrs. Brenner-Mitchell in the main office with any questions!**

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