

Ballou Cross Country 2018

WHAT: RUN FOR FUN AND COMPETITION

WHERE: BALLOU JUNIOR HIGH

WHEN: SEPT. 5TH THE FIRST DAY OF SCHOOL

WHO: 7TH AND 8TH GRADE GIRLS AT BALLOU

WHAT DO I DO FIRST? GET CLEARED THIS SUMMER

Date	Time
August 22	8AM – 12PM
August 23	8AM – 12PM and 1PM-3PM
August 24	9AM – 12PM

HOW DO I GET CLEARED? See Informational sheet

- PRACTICES - Starts September 5th (2:25 – 4:10)
 - WE PRACTICE MONDAY-THURSDAY AND SOME FRIDAYS (No Activity bus on Friday)
- HOW MANY MILES IS IT? Less THAN 2 MILES...YOU CAN DO THAT!!
- THIS SPORT IS FOR EVERYONE, NO MATTER IF YOU ARE SLOW OR FAST.
- Ballou Cross County LOOKS FORWARD TO SEEING YOU SEPTEMBER 5TH

This summer: BEGIN BY RUNNING for 20 minutes EVERY OTHER DAY.