

Amherst Junior High Cross Country

Hello runners!!

We hope you had a great school year and are looking forward to next year at AJH! We are glad that you are interested in cross country. Cross country is a fall sport, and official practices start on **Thursday, August 1, 2019**. During cross country, the boys' and girls' teams practice together but compete separately. Competitions - called "meets" - usually consist of a 2-mile race on a grass course. Cross country is open to athletes of all skill levels. All team members will have the opportunity to race in all of the meets. There are no cuts! AJH cross country is a fantastic opportunity for students to make new friends and be a part of a winning program.

Coaches

Mr. Anderson (dave_anderson@amherstk12.org)

Mrs. Anderson (melissa_anderson@amherstk12.org)

Important Dates

"Fun Runs"

Meet the team and find out what cross country is about. No commitment to join!

Fridays - June 14th, June 28th, July 12th, and July 26th

10:00am-11:00am @AJH (Meet in front of the school.)

Athletes submit the attached Emergency Medical Authorization (EMA) to participate.

No pay-to-play fee is required to participate in fun runs.

First day of practice - Thursday, August 1

9:30am-11:00am @AJH (Meet in front of the school.)

Starting August 1st, we practice Monday-Friday.

All physicals and EMAs need to be turned in to participate on August 1st.

Pay-to-play is due by Wednesday, August 14th.

Parent meeting - Monday, August 5th

6:00pm in the AJH Choir Room

For more information about cross country, please go to runamherst.com or the AJH Cross Country website at bit.ly/AJHcrosscountry. Text the message @ajhcros to the number **81010** to join the cross country "Remind."