

# Sunset Middle School Cross Country

## What is Cross-Country?

Cross Country is a running sport in which teams of runners run a course of 1.5 miles (at the middle school level) over a variety of surfaces such as grass, pavement, hills, etc.

## Is it Difficult?

No. You will build endurance and strength as we practice. This sport is really mind over matter. Our practices will consist of sprints and long distance training.

## Who Can Try-out?

Girls and boys from grades 6th-8th.



200 Sunset Trail Road  
Brentwood, Tennessee 37027

Phone: 615-472-5040,  
E-mail: [anas@wcs.edu](mailto:anas@wcs.edu)



**Coach:** Ana Spredemann and Christopher Mott

**Cost:** \$25

**When:** Mondays-Thursdays/August-September

**Parent & Student Meeting:** Thursday, August 14 @ 2:45 in Coach Spredemann's Classroom (217)

**First Practice:** Monday August 13 - 3:00-4:00 pomp. @ Owl Park

You must have all forms completed to be able to practice!

## What you need to participate:

- A sports medical form and Emergency Contact form on file by Friday, August 15
- Good running shoes
- Warm-ups
- Rides to meets
- Prompt pick-up from practices and meets.
- A willingness to work hard and be a team player
- A great positive attitude!