



HW Mountz 2021 Cross Country Booster Club Sport

Fall Cross Country Team 4th - 8th grade boys and girls all welcome.

Coaches:

Don Griffin belmardon@gmail.com 609-841-0399 (Mountz parent)
Noelle Henry (908) 433-9229 (Mountz parent)
(Rob Bielicki,)

Practices: START DATE Thursday, September 30th

- Practices will be held 2 days a week (Mondays & Thursdays with Fridays as a makeup day)
- Location - HW Mountz (meet by basketball courts) and Marucci Park (meet by the picnic tables) This Thursday meet at HW Mountz ... I will text all parents the days we can go to Marucci
- Time - 3:05 - 4:00 pm
- Please wear light-weight running clothes, shoes and bring a water bottle
- An announcement at school will be made at school if practiced is cancelled and an email will be sent by 2pm to parents. (We do run in the rain!)

Meet Location and Schedule:

*2-3 Dual Meets at Deal School & Point Pleasant Antrim School ... dates will be confirmed soon.

*Run for the Roses - St. Rose Athletic Fields in Wall on November 6th?, 8:30 am start

NOVEMBER 6th- concludes our season

Meet Information:

- 4th-6th Graders run 1 mile and 7th & 8th run 1.5 miles
- Meet Uniform - running t-shirt to be provided by Booster Club. Please wear black shorts of your choice, comfortable socks and running shoes.

Email belmardon@gmail.com ASAP to sign up for Cross Country and all questions or concerns. Please include your number for texting and anything you would like to share about your son or daughter that might be helpful to me. TY!