

# NORTH BEND MIDDLE SCHOOL

2023



***6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade BOYS and GIRLS***

**Q: What is cross country?**

A: A sport for those that enjoy distance running. It is a great way to get in shape, spend some time outdoors, be part of a team and race against kids from other schools. We run on the beach, in the woods, around lakes, in parks, through town, and anywhere else that looks good.

**Q: How far do the athletes run?**

A: The meets are 1.8 miles long. We sometimes run a bit longer during practice. Don't be scared by the distance. After a little practice, and with a good attitude, you won't have any problem running that far.

**Q: When does practice start?**

A: Before the school year begins (August 24 – August 31) we will run from 4:00-5:00. On these days we will meet in front of NBMS. Once the school year gets going, we practice every day after school from 3:15 to 4:45. The season will end around October 20<sup>TH</sup>.

**Q: I've never run distance before. Will I be successful?**

A: This is the right sport for you if you are the type of person who is willing to work hard and doesn't give up easily. With the help of your teammates and coaches, you will succeed.

**Q: What do I need to bring to practice?**

A: A good pair of running shoes, great enthusiasm and a positive attitude.

**Q: How do I sign up?**

A: Go to the NBMS web page, and select the "Athletics" button.

For more information contact coach John Greif at [jgreif@nbend.k12.or.us](mailto:jgreif@nbend.k12.or.us)

**IMPORTANT:** Athletes are required to have a sports physical before they can begin practicing with any middle school team. A new physical is required every 2 years. For more information, check the NBMS website, call the school (541-751-7279) or stop by the school office.