

FALL 2018 CROSS COUNTRY AT MRJH



CROSS COUNTRY IS COMING TO THE RIDGE

We will have our first ever boys and girls Cross Country teams start practice August 27th. Any and all students who want to participate are invited to prepare over the summer. 7th, 8th, and 9th graders are welcome.

**COACH SMITH AND COACH ANDERSEN
CAN ANSWER QUESTIONS YOU MAY
HAVE FOR THIS INAUGURAL SEASON.**

IMPORTANT

All students must have a current physical form completed before participating. Please take some time to get that taken care of during the summer. The physical form will last for one year and can be used for other sports within that calendar year.

[Pre-Participation Form Link](#)