

DOWLING MIDDLE SCHOOL CROSS COUNTRY

7TH AND 8TH GRADE BOYS AND GIRLS

**MAKE AWESOME FRIENDS AND BE ON A TEAM WITH
STUDENTS FROM ALL OF THE OTHER PAROCHIAL SCHOOLS**

THE SEASON BEGINS

AUGUST

23

AND ENDS OCT 14TH

PRACTICE

MONDAY - FRIDAY

4:00 - 5:15 PM

**DOWLING HIGH SCHOOL;
BY THE SOFTBALL FIELDS**

**WE HAVE PASTA PARTIES AND FRIDAY
FUN: KICK BALL, CAPTURE THE FLAG, ETC.**

RACES

**- 2 MILES ON GRASS
NEAR THE DSM AREA
- 6 MEETS ON TUES/THURS
(ABOUT 4 - 6 PM)**

REGISTER BY AUGUST 29TH

**If interested, please contact
Rachel Eslick - rachel.m.eslick@gmail.com**

***IF YOU ARE IN ANOTHER SPORT WE ARE WILLING TO WORK WITH YOUR SCHEDULE
AND COME UP WITH A PLAN THAT ALLOWS YOU TO DO BOTH.***

SUMMER CAMP 2023

**COME TRY CROSS COUNTRY!
We have a fun camp for you to try it out + meet new friends
The camp will be posted on the Dowling website as
MS cross country camp in August
(8/7, 8/9, 8/14, 8/16; 7 - 8 AM)**