

2021 CMM Cross Country Team

State Champion Team – 2011, 2012, 2015, 2016, 2017, 2018

State Champion Individual – 2013, 2014

CMM XC: Team-oriented, individual sport for 6th, 7th and 8th grade girls and boys that promotes physical fitness, endurance, & healthy competition. CMM's State Champion XC Team competes at local XC races on mostly Saturday mornings beginning September through the end of October.

Practice: Monday and Wednesday - 3:35 p.m. to 4:35 p.m.

Beginning August 24, 2021 through October at the end of the CMM track on south side of school near bus loop.

Tryouts: Tuesday, August 24th and Thursday, August 26th - 3:35 pm to 4:35 pm

Meets: Mostly Saturday mornings Sept. – Oct. in and around Shreveport. Meet schedule will be posted on CMM XC website.

Students will run mostly 1.5 or 2 miles over fun and challenging terrain.

We will run 3 meets.

Qualifications for Team Membership:

- Qualifying run of 1 mile in 8:00 minutes or less for 6th graders and 7:30 minutes or less for 7th and 8th graders
- Medical clearance per CMM "Sports Forms" (www.middlemagnet.com)
 - Attend practice at least once per week
- Participate in at least two (2) meets (held mostly Saturday mornings)

Cost/Fees: All Fees Due at the 1st practice after tryouts on Tuesday, 8/31/21 Cash or Checks made out to CMM.

Uniform Shirt Cost - \$25.00 (No shirt cost if already have)

Fees - \$45.00 (Covers meet entry fees; insurance; miscellaneous items for team fun) Must have runners watch (\$10 or less)

Questions: crushing@caddoschools.org (preferred) or
Call Coach Glyndale Rushing (318) 422-1686

Remind Send a text to: 81010 Message Code: @cmmcr

Please make sure all runners are at the meet 30 minutes before the first run time that is listed.

Louisiana Border Dash- Saturday, September 11, 2021 Time to be announced.

Parkway Meet: South Bossier Course Recreational Complex, South Bossier Park Drive, Bossier City, LA 71112

\$5.00 Vehicle Fee

C. E. Byrd Cross Country Invitational—October 2, 2021 Time to be announced.

Run 2 miles South Bossier Course Recreational Complex, South Bossier Park Drive, Bossier City, LA 71112

Parking is Donations

Airline XC Festival- Airline Meet: 2 miles- Date and time (to be announced)

Oakland Plantation Country Club, 2220 LA HWY 2, Plain Dealing, LA 71064

\$5.00 Vehicle Fee