

Limestone Middle School Cross Country Practice

WHEN: Practice officially starts Monday August 1st from 3:45-5:00 (Monday - Thursday every week).

WHERE: Limestone High School (drop off & pickup in teacher lot)

WHO: All 5th - 8th graders, entering into the 2022/2023 school year, who attend these schools: Monroe, Norwood, Oak Grove, Limestone Walters, Bartonville Grade School, Hollis and Pleasant Valley.

WHO WILL TRAIN US:

Missy Walker, Limestone Middle School Cross Country Coach
(309) 253-9282 • missywalker1974@gmail.com

PARENT MEETING: Wednesday, August 3rd at 5:00pm at Alpha Park Shelter (practice will be held at Alpha Park on this day, so please drop off & pick up there)

Please make sure your child has a current physical on file at their school BEFORE AUG. 1st. they cannot participate in practice without one. (IESA RULES)

Contact Coach Walker with any questions.