

VAN ALSTYNE MIDDLE SCHOOL



Communication:

I send out all cross country communication and information on the GroupMe app.

VAMS GroupMe App- <https://bit.ly/2lnNsh1> or scan QR code with your cell phone camera:



Practice Schedule:

Monday 3:45-4:45 pm at the middle school track

Tuesday 7:00-8:00pm at the VA Cemetery

Thursday Run on your own (Girls-20 minutes/Boys 25 minutes)

Friday 3:45-4:45 pm at the middle school track

*Athletes will be allowed to run a few times a week during athletics. If they ran long distance during athletics they do not need to attend pm practices.

Meet Schedule:

8/18 Time Trial at VAHS Stadium-7PM

9/8 McKinney Boyd Invitational-Myers Park

9/22 Lovejoy Invitational-Myers Park, McKinney

9/29 Denison Invitational-Denison High School, Denison

10/5 (Friday AM Meet) Jesuit XC Classic-Norbuck Park, Dallas

Week of 10/7-TBD District Meet-Blue Ridge High School

Cross Country Website:

***Website with ALL XC info on it (meets, equipment, schedules, nutrition, etc)**

<https://tinyurl.com/y7tpfbxo>

How to get to the CROSS COUNTRY website:

*Go to <http://www.vanalstyneisd.org/>, click on DEPARTMENTS then ATHLETICS, on the right side click on TEAM INFORMATION AND SCHEDULES, click on CROSS COUNTRY.