

# Cross Country

For boys and girls in grades 6—8

Fall 2023

Unity Christian is sponsoring a middle school co-ed cross country team. If you enjoy running and the outdoors, this may be an activity for you to try! We are offering this program to all EOCS students who will be in 6th—8th grade this coming school year.

## Details

**Location:** Unity Christian Athletic Campus  
5900 48th Avenue

**Coach:** Mikayla Rozeveld

### **Practices:**

- First practice—Monday, August 21
- Practice time: 4:30—5:30 p.m. Mondays & Wednesdays
- Athletes will be given a training schedule to do on his/her own for the rest of the week.
- Meet at the entrance to the athletic fields (near the ticket booth/concession stand)

### **Meets:**

- There are five MS meets scheduled
- Distance of a middle school race is 2 miles

**Equipment:** A quality pair of running shoes

**Cost:** \$65

**Deadline:** Friday, August 18

**Gift:** Each athlete will receive a team t-shirt

### **Miscellaneous:**

- Transportation to and from events is the responsibility of the parents.
- Students choosing to participate in two sports during this season should communicate this with the coach so a schedule can be made to accommodate both sports.
- Students will follow the eligibility rules of the school they attend.

**Questions:** Contact Unity's athletic office at 669-1820



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## Register On-line

Registration will only be done online at the following link:

[https://www.cognitoforms.com/  
UnityChristianHighSchool/  
2023MiddleSchoolCrossCountry](https://www.cognitoforms.com/UnityChristianHighSchool/2023MiddleSchoolCrossCountry)

To access this form online, go to Unity's website:

[Unity Christian High School](http://Unity Christian High School)  
[unitychristianathletics.org](http://unitychristianathletics.org)

Payment can be made on-line by credit card (a small processing fee will be added) or a check can be sent to:

Unity Christian High School  
Middle School Cross Country Team  
5900 48th Ave  
Hudsonville, MI 49426

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## Meet Schedule (Times TBA)

- 9/9 Christian School Invite @ South Chr.
- 9/19 Grandville Invite @ South Christian
- 9/23 Sunrise Invite @ Covenant Chr.
- 9/26 Home Invite
- 9/30 Allendale Invite (tentative)