

Canton Middle School Cross Country 2022 - 2023



We are excited to start a new season of Cross Country! We will be offering some summer workouts where students can get to know us, some team mates, and get moving! Our season will officially start the week school begins! Here are the dates/times:

Summer Workouts (optional):

August 9th & 11th 3:00 pm - 4:00 pm
August 16th & 18th 3:00 pm - 4:00 pm

First Day of Season (mandatory):

August 23rd 3:00 pm - 4:30 pm

Where?

Meet in the Steve Ledford Gymnasium at CMS

Communication

Coaches: Ms. Morris and Ms. Scholtz
School Phone #: (828) 646-3467

Parent Meeting: Thursday August 25th, 4:30pm - 5:00pm

Remind: @crosscms