

# Mater Dei Middle School

## Cross Country

- Practices begin Monday, August 10 at the USI disc golf field at 4 p.m. Practices are Monday through Thursday with occasional meets on Saturdays. **\*Please bring a mask and a water bottle labeled with your child's name.**
- Coached by a knowledgeable Catholic School teacher with more than 16 years of cross country and track experience.
- Anyone in grades 5-8 can participate.
- EVERYONE participates in EVERY meet.
- For more information contact Coach Matt Weddle at [mweddle@evdio.org](mailto:mweddle@evdio.org)