**Looking for a Fun Fall Sport!**

**Dowling Middle School Cross Country**

**for 7th & 8th Grade Boys and Girls**

Starts August 24th and Ends October16

Monday-Friday from 4:00 to 5:15 at Dowling

**If interested please contact**

Kathy Schweizer: 515- 988-7241

Email: Mkschweizer@gmail.com

The season starts in August on the first day of school and ends in the middle of October.  Our practices are at Dowling near the softball fields from Monday thru Friday 4-5:15 pm.   Our Fridays are fun days and we play games such as kick ball, capture the flag, ect.  The races are 2 miles on grass and they are usually on a Tuesday or Thursday starting at 4:00 and ending before 6:00 and they are near Des Moines (Johnston, Valley, etc). We typically have 6-7 meets. If you are in another sport we are willing to work with your schedule and come up with a plan that allows you to do both.

**Summer Camp for 5 days in August**

If they want to try it for two weeks.  We have a fun camp before school for 5 days.  The camp will be posted on the Dowling website as a MS cross country camp in August.

**Camp Dates: Aug 10, 12, 16, 18, 20**

It is a great sport to meet other kids from other schools. It is the one program that includes all the parochial schools and we race with other local schools like Urbandale, Johnston, Valley, Waukee

**Everyone gets to participate and we have fun!!!**