

Hempfield Junior High Cross Country

Dear parents and students:

The coaching staff of the Hempfield Junior High Cross Country team, Steve Haldeman and Lenny Groft, would like to extend an invitation to them to join our squad. All 7th- 9th graders are welcome to join the Junior High Cross Country team.

Hempfield has participated in junior high cross country since the league began over 30 seasons ago. Each season, approximately 60 boys and girls come out for the team. ***There are no "cuts" and everyone runs in every meet.*** Many of our athletes also participate in HYA football, soccer, cheerleading, and other events while participating in cross country. It is a great way for them to be introduced to middle school, make new friends, and be successful in a lifelong athletic activity.

The Hempfield boys and girls will have the opportunity to compete against other junior high athletes from the Lancaster/Lebanon League. A cross country race consists of a two mile run over various terrain. Runners of all abilities are encouraged to participate. Regardless if you are a beginner or have been running for years, participation on the team can be enjoyable for all.

If you are interested in joining us, please join our Schoology group. The access code is 7WRWQ-9KNN2. There you will find a sample summer training schedule and very important physical information. There are free physicals being offered by OAL on June 3. The flyer is posted in Schoology...look through the posts. The first day of practice is scheduled for Monday, August 23 from 3-4:30 at LMS. Practice will be held every school day at this time. The PIAA physical must be completed and submitted through the ATS portal in order to practice. Physical information and ATS instructions are in the Resources tab (left side) of our schoology page.

For additional information call Steve Haldeman @ (717) 285- 0371 (not a cell so do not text to this number) or email s.haldeman3250@comcast.net. Thanks for your interest in Hempfield Cross Country! Go Black Knights!