



Inviting all runners, girls and boys entering grades 3-8, to come out and run for the BSXC Team! No experience is necessary. Our main focus is personal improvement. We closely monitor every runner's progress, help them set personal goals, and celebrate when they achieve new Personal Records.

Registration is now open for the 2018 season at <https://bssboosters.demosphere-secure.com/demosphere-registration>
The fee is \$65.00

Practice will be 2 days per week, **Tuesday and Thursday evenings 7p-8p at Freedom Park, 550 Freedom Park Drive Edgewood, Ky. Our start date is 7/17/18.** Once school is in session, practice times will change to 6p-7p.

Meets are usually on Saturdays with occasional weekday meets. The season runs through early November. Our team is very understanding of and flexible with other sports' schedules. If you can't make every single practice or meet, that's ok.

Please feel free to contact me with any questions at josefniel@gmail.com

We're looking forward to another fun season,
Coaches Joe Nielander & Missy Schmitt