

BROWNELL CROSS COUNTRY 2025

5th-8th grade



Head Coach: Bridget Christian

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Assistant Coach: Lindsay Trepanowski

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Optional Summer Practice Schedule

Tues Aug 19 6p- Ghesquiere Park (near playground) (bring forms)

Wed Aug 20 6p Ghesquiere Park

Thurs Aug 21 6p Ghesquiere Park

Mon Aug 25 6p Ghesquiere Park

Tues Aug 26 6p Ghesquiere Park

Regular Season (initial schedule- changes may occur)

Tues Sept 2 3:25-4:15p First day of school Practice (meet in Breezeway)

Sept 2- Oct 24th Practice: Monday, Tuesday, Wednesday, Friday 3:25-4:15p

Wed Sept 10 4:00p Parent information meeting

Sat Sept 13 56th Annual Huron Invitational @ Willow Metropark

Sat Sept 20 46th Annual Grosse Pointe Rotary Run (with MS 2-mile division) @ Pier Park

Wed Sept 24 MAC Red Division Championship @ Dakota HS

Tues Sept. 30 Meet at Vernier Hill

Tues Oct. 7 Hold for possible meet

Tues Oct. 14 Hold for possible meet

Sat Oct 18 [MHSAA Regional Championship](#) (for 6th-8th grades)

Mon Oct 20 All-team Pasta Party after practice 4:15

Tues Oct. 21 [Cook Schoolhouse Invitational](#) at Ghesquiere Park (link is to last year's results)

Fri Oct. 24 Halloween Costume Candy Run and end-of-season paper plate awards

No previous experience is required!

[Physical exam](#) form and gold card

must be submitted to Brownell

before joining practice.

Most middle school races are 2 miles,

but sometimes are 1.5 miles or less.

SIGN UP NOW:

<https://forms.gle/q75gdfVBx8pijbKP8>

Download TeamReach app

group code: XCBronco25