

NORDONIA MIDDLE SCHOOL CROSS COUNTRY TEAM

is looking for runners!

7TH AND 8TH GRADE BOYS AND GIRLS

Start Training Now!

Summer Endurance Training

7:30-9:00 AM

Mondays- Fridays- Choose 3 days per week to attend

See attached schedule for locations

For information contact:

Coach Dombroski: Head Coach

kristene.dombroski@nordoniaschools.org

330-612-2897

Coach Tuccillo: Asst. Coach

bridget.tuccillo@nordoniaschools.org

Coach Spellman: Asst. Coach

matt.spellman@nordoniaschools.org



**Please be sure
we have an EMA
on file before
attending!*