

2006, 2007, 2010, 2012, 2013 Boys Class A State Champions

2015 Girls Class A State Champions

Mighty Mite 4th - 6th Grade Cross Country



Come be a part of the cross country family. The boys team has been to state 14 consecutive years and girls 13 consecutive years. The boys and girls are currently ranked #1 in the State and Nation Division II.

Practices will be focusing on an introduction to cross country. Each day we will do some light running, running drills, race strategies, and lots of fun running games. The junior high & high school team will be also coming over each day to do some running, demonstration, and games. All practices will meet at the track at 3:35 after school and will be done by 4:45 p.m. each day.

The program is based somewhat on the 4th - 6th grade programs that we already have here in Perham. We plan on being very low key in the approach with the kids. HAVING FUN and PARTICIPATION will constantly be stressed above all else. Workouts are intended to basically introduce running for longer periods of time (which very seldom get over 10-20 minutes in length at one time) stressing some of the basic fundamentals and techniques while learning to enjoy running as a life long activity. We will have treats and Gatorade/water after practice!!! We will sell a mighty mite t-shirt for \$10 each that they will receive before our home meet on Oct 6th.

Our coaches are Kay Morris and Penny Birkeland. They look forward to working with the younger kids. Their enthusiasm and excitement is contagious. I hope that you will allow your son or daughter to join us. If you have any questions feel free to call me at the high school (346-1515) or at my home in the evenings (371-9333). You may also contact by email jmorris@perham.k12.mn.us. Also feel free to check out our website to learn more about the cross country teams at www.perhamxc.com!

*** New this year is that we will be inviting any 6th grade boys or girl interested to practice 2 additional days a week on Tuesdays and Thursdays during the month of September and the 1st 2 weeks of October. We will also have 2 additional meets for these boys and girls to attend.***

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Come and be apart of Perham Mighty Mite Cross County
All 4th, 5th & 6th Grade boys and girls!

Practice will Start Monday, September 12th
at the PHS Track – 3:35 to 4:45

Practice will be every Monday & Friday through the first week
of October and Mighty Mite will end at our home meet on
Thursday, October 6th!

*****Reminder 6th grade boys & girls also welcome to attend
practice on Tuesday & Thursday at the high school*****

We hope to run in 2 meets – our home meet in Perham and possibly one
other. The meets are completely optional, however we do encourage
everyone to participate in the home meet on Thursday, Oct. 6th, which is
the last time we will meet. Meet schedules will be given out at practice
with event location, details & start times. At our home meet on
Thursday, October 6th every runner will receive a treat at the end of
the race that day for participating. We also have medals for at the last
practice for participating in Mighty Mite Cross Country. We also want to
encourage you to stay and watch the rest of the meet that night and
cheer on the junior high and high school teams.

-----cut here and return next Monday, September 12th-----

Name: _____

Grade: _____ Sex: _____ Email: _____

Phone Number: _____ Shirt size: _____

Parent Signature: _____ Date: _____