

Perham Girls Ranked #1 in the State and #1 in Nation Division 2
Perham Boys Ranked #1 in the State and #1 in Nation Division 2
Brynnan Covington ranked #3 and Hunter Kjelshus #12 Individually in Minnesota

**PERHAM MIGHTY MITE CROSS COUNTRY - Sept 12 to Sept 16 - Week #1 Newsletter
BRING THIS NEWSLETTER HOME AND SHARE IT WITH YOUR PARENTS!!!**

Week 1

Monday, Sept 12: 3:35-4:45 pm – Mighty Mites (4,5,6) meet every Monday & Friday until Home Meet
Tuesday, Sept 13: 3:45-5:30 pm – 6th grade Mighty Mites Practice at High School with 7-12 (6th grade only)
Wednesday, Sept 14: No Mighty Mite Practice
Thursday, Sept 15: Little Falls Invite at Little Falls Golf Course
6th graders are eligible to run - Details handed out on Tuesday.
4:00 pm - Apple Run (Grades 5 & under)
4:15 pm - Boys JV - 5000 meters
4:45 pm - Girls JV - 5000 meters
5:15 - Boys Varsity - 5000 meters
5:40 - Girls Varsity - 5000 meters
6:10 - Boys Junior High - 3200 meters
6:25 - Girls Junior High - 3200 meters
Friday, Sept 16: 3:40-4:45 pm – Mighty Mites (4,5,6) Practice at track

Week 2

Monday, Sept 19: 3:40-4:45 pm – Mighty Mites (4,5,6) Practice at track
Tuesday, Sept 20: Fraze Invite for 4,5,6 Mighty Mite XC Runners - Details to come
Wednesday, Sept 21: No Mighty Mite Practice
Thursday, Sept 22: 3:45-5:30 pm – 6th grade Mighty Mites Practice at High School with 7-12 (6th grade only)
Friday, Sept 23: 3:40-4:45 pm – Mighty Mites (4,5,6) Practice at track

Week 3

Monday, Sept 26: 3:40-4:45 pm – Mighty Mites (4,5,6) Practice at track
Tuesday, Sept 27: 3:45-5:30 pm – 6th grade Mighty Mites Practice at High School with 7-12 (6th grade only)
Wednesday, Sept 28: No Mighty Mite Practice
Thursday, Sept 29: 3:45-5:30 pm – 6th grade Mighty Mites Practice at High School with 7-12 (6th grade only)
Friday, Sept 30: No Mighty Mite Practice - due to 7-12 teams traveling to Duluth, MN

FOR MIGHTY MITE REMIND TEXTS DO THE FOLLOWING - TEXT @mightyxc TO 81010

WEBSITE – Our team’s website is www.perhamxc.com

COACHING STAFF:

Jeff Morris - 218-371-5992
Kay Morris - 218-371-9333
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We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort. - Jesse Owens

To give anything less than your best, is to sacrifice the gift. - Steve Prefontaine

“If you want what few people have, you have to do what few people do.” - Craig Groeschel
