Wellesley Middle School Cross Country: Welcome to the 2025 Season!

Dear Wellesley Middle School Cross Country Athletes and Families,

Welcome to the start of an exciting fall season! We are thrilled to welcome you to the Wellesley Middle School Cross Country team for 2025. Whether you are a returning runner or new to the sport, we are so glad to have you join us.

Cross country is a fantastic way to build endurance, strength, and confidence, all while making new friends and having fun. We are committed to creating a supportive and encouraging environment for every runner, regardless of their experience level.

Meet the Coaches

- **Ms. McCarthy** – mccarthyp@wellesleyps.org
- **Mr. Bugden** – budgenm@wellesleyps.org

Practice & Location

Our practices will be held **Monday through Thursday from 3:00 PM to 4:00 PM** at **Sprague Field** (behind the middle school).

- **First Practice:** Our first practice will be held on **Monday, September 8, 2025**. **Students can register after the first practice.**
- Please arrive dressed and ready to run at 3:00 PM and bring a water bottle.
- **Attendance:** While daily attendance is encouraged to help you improve and get to know your teammates, it is not mandatory. We understand that you have other commitments, and we want you to find a balance.

Important Registration & Physical Requirements

Before you can participate in any practice, you must complete two important steps:

1. **Register with the WHS Athletic Department.**
2. **Submit a current physical** (less than 13 months old) to the school nurse via the online health portal.

Coaches cannot accept physicals. Please note that **no student will be allowed to participate without a current physical on file.** You can find the registration link and the student health portal on the [Wellesley Athletics Website](#).

Anticipated Meet Schedule -

10/1 - home vs Pierce MS (Milton): 3:45 - Sprague

10/7 - away at Day MS (Newton): 3:30 - Albemarle Field

10/14 - home vs Kennedy MS (Natick): 3:45 - Sprague

10/21 - away at Brown MS (Newton): 3:30 - Brown MS