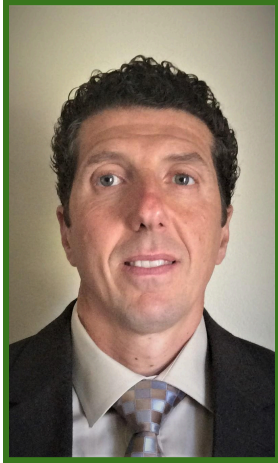


**2025**



Coach **Mancino** (**WSE** Middle School)

Coach **Beiter** (**WSW** Middle School)

## **Modified** (7th and 8th grade)



# **FAMILY INFORMATIONAL MEETING**

***WEDNESDAY***

***JUNE 4<sup>th</sup>, 2025***

***5:30 PM***

West Seneca **EAST** Middle School's **TEAM Room**

**E** Student athlete(s) should be accompanied by at least one (1) parent/guardian **W**

Coaching Staff Contact Information:

\*Coach **Beiter** (West Seneca **WEST** MS Room 703) - [ebeiter@wscschools.org](mailto:ebeiter@wscschools.org)

\*Coach **Mancino** (West Seneca **EAST** MS Room 104) - [emancino@wscschools.org](mailto:emancino@wscschools.org)

## What is the sport of Cross Country?

As found on the [USATF.org](https://www.usatf.org) web site...

“Cross country running is a sport in which teams and individuals run races on outdoor courses over natural terrain. Races shall be run over courses confined, to the extent possible, to open country, fields, parks, golf courses, and grasslands. The traversing of paved roads should be kept to a minimum.

Cross country runners are referred to as harriers. Men and women of all ages compete in cross country, which, in the United States, usually takes place during fall. Cross country running is one of the disciplines under the umbrella sport of "Athletics." USATF is the national governing body for Athletics in the United States.”

