



Citadel Middle School

Monday September 14th

Cross Country- Any member of our Citadel community is welcome to join our cross country team! Cross country is a longer distance running sport, that anyone can train to enjoy. Our practices will be Tuesdays and Thursdays after school, until around 3:45pm. Come meet Mr. Battle after school at the playground on Thursday, September 17th for our first run! You are welcome if you are already a runner, curious about running, or want to improve your fitness. See you there!