

2026 Cros-Lex MS Summer Sports Info

Hello Middle School student athletes and families! Here is some information on optional summer workouts and fall start dates for upcoming Fall 2026 sports. A current sports physical must be completed in order to try out/ participate. Don't forget to register for next year through Eventlink. Registration information for first time athletic participants can be found [here](#).

Football - 7th & 8th Grade

- Click [here](#) and fill out the Google Form if you are interested in participating
- [Summer Weightlifting/Camp Information](#)
 - Click the "Camps" dropdown to view summer options for MS football players
 - Middle School Edge Summer Lifting Program
 - Practice begins 8/17. Schedule for the first week:
 - Practice will be 5:30 - 7:30 pm to start that first week
- Email Coach Gelinski at jgelinski@croslex.org with any questions

Volleyball - 7th & 8th Grade

- Click [here](#) and fill out the Google Form if you are interested in participating
- [Tryout/Practice Info Flier](#)
 - 8/17, 8/18, 8/19 in the MS Gym from 3:15 - 4:45 pm
 - You must have a current sports physical to try out!
- Email Coach Olds (7th grade) at dolds@croslex.org or Coach Mifsud (8th grade) at cmacomber@croslex.org with any questions

Cross Country - 6th, 7th, & 8th Grade

- Click [here](#) and fill out the Google Form if you are interested in participating
- Optional Summer Workouts w/ HS Team
 - Begin June 15, 2026
 - M/W/F - 8 am @ HS Track
 - T/Th - 7 pm @ Lexington Harbor near DNR boat launch
- MS practice begins 8/25
 - M-Th 3:15 - 4:30 pm - Meet behind MS
- Email Coach Crawford at dcrawford@croslex.org with any questions

Sideline Cheer - 6th, 7th, & 8th Grade

- Click [here](#) and fill out the Google Form if you are interested in participating
- Practice will begin on 8/25 in the MS Cafeteria from 3:15-5:15 pm
- Email Coach Robertson at jrobertson@croslex.org with any questions.