

Cross Country Team

Come join us for a season of fun and exercise! Besides being the best exercise in the whole world, running helps you keep in shape for all the other sports you enjoy, and you can do it with friends!

This is geared toward 4th-8th graders, but younger students may join. The important thing for all participants to remember is that we have one practice a week and we want to make the most of it! We'll HAVE FUN while WORKING HARD, so be ready to have fun and work hard!

Each participant needs to have an annual physical form on file with the school, and a parent must have attended the Play Like A Champion workshop held on August 26. Please get the physical form in by September 13. (Students can come to the September 6 practice if your annual physical form is in.)

We practice on Wednesday afternoons in the Fall. Dates of practice are September 6, 13, 20 and 27; October 4, 11, 18 and 25, and November 1. We'll end it all with a pizza party.

We're hoping to keep costs down by using t-shirts from last year. If you have outgrown your t-shirt from last year, bring it in and we'll try to swap it for a bigger one.

The cost is estimated at \$5 per student unless t-shirts are needed. We're still looking at that.

Our races are TENTATIVELY scheduled for the following dates:

Sunday, September 25 at Mohegan Park

Sunday, October 9 at Mohegan Park

Saturday, October 22 Middle School Invitational at St Bernard's

Early November Franking School Invitational

Your coaching team:

Susan Bear, parent (860) 712-8626

Tim Smith, grandparent

Danny FitzGerald (S J S Class of 2021)