

ST. PATRICK CROSS COUNTRY 2010

Cross Country is open to all St. Patrick students, K through 8th grade, girls and boys. Fun and participation are the goals. Runners compete at varying distances according to grade: K, 500m; 1st & 2nd grade, 1K; 3rd & 4th grade, 1K; 5th & 6th grade, 2K; and 7th and 8th grade, 3K. Kindergarten participants must have an adult accompany them to all practices and meets. All 5th – 8th grade runners must have a CYO physical form completed and returned to the school office by September 10th.

Fees are \$20.00 for K – 4th runners and \$25.00 for 5th – 8th runners. Please return fees with the lower portion of this form to the school office by Friday, August 27th. Checks should be made payable to St. Patrick School Athletics.

All team members are important to the success of the team and encouraged to participate in meets. Meets are usually held on Saturday mornings. Our 5th & 6th and 7th & 8th grade teams will compete in some additional CYO and invitational meets which are held on weeknights. The first practice will be Wednesday, September 1st, 5:30 – 7:00 p.m. at St. Patrick School. A parent meeting will be held at 6:30 p.m. on September 1st. A complete practice schedule for the season will be distributed at the parent meeting. Practices will be held on various weeknights at various locations.



Our team uniform consists of good, quality running shoes, comfortable dark colored running shorts, and a team shirt. The team shirts are the same shirts used in past years. Any runner needing a team shirt needs to complete the attached XC shirt order form and return to the school office no later than Friday, August 27th.

Coaching help is always needed to provide the best and safest experience for our runners. No running experience is needed, just a willingness to help. All adult volunteers need to have completed Virtus training and certification. Parent help is also needed at meets. Please contact Coach Socha if you can volunteer.

Any questions, please contact Jim Socha at jimsocha@gmail.com or 926-6405.



**HOO RAH!!!
ST. PATS
CROSS COUNTRY**

YES, MY CHILD WOULD LIKE TO PARTICIPATE IN CROSS COUNTRY

NAME: _____

GRADE: _____ GENDER: F / M

Parent contact information

Name: _____

Email address: _____

Phone number: _____