



St. Mary Cross Country



Parent Meeting St. Mary Undercroft Parking Lot August 12-6:30 PM

Dear Parents,

Not only is it time for school to start; cross country is right around the corner. For those of you who are new to this sport, let me try to explain what Cross country is all about. Cross country is a distance sport where elementary students run 1 mile and middle school students run 2 miles. Since cross country offers elementary and middle school races, all boys and girls from 1st to 8th grade are invited to run. All talent levels are welcomed and encouraged in this sport.

The season runs from August through October. We want to make middle school parents aware that Bishop Brossart also allows middle school runners to run on their JV and Varsity team. Your child is welcome to run for Brossart's team. Those athletes should contact Brossart High School at 635-2108. We do not wish to take away from what Brossart has to offer. However, if your child wants to run and is not interested in running for the high school team, we would love to have you on our team.

The St. Mary team will participate in approximately 10 events this season. I will have an idea of a schedule at the meeting. One important meet this year, is the first ever St. Mary Invitational. It is going to be held on Tuesday, October 13. Running a meet takes a lot of work and we are hoping everyone can attend and help us run a fun and successful meet.

We invite all parents and athletes who are interested in participating to attend a preliminary meeting on Wednesday, August 12 at 6:30 p.m. in the undercroft parking lot. We will begin with a parent meeting and follow up with our first practice, so both parents and athletes should attend. Our team will have three open practice sessions each week on Monday, Wednesday, and Thursday. All will be from 6:30 – 7:30 pm. We understand that some athletes may be participating in other sports as well as cross country. The only criterion for an athlete to run in an organized meet is that, they must attend at least one practice session per week. I will also need to know which meets the runners can make at least a week before the meet. Athletes do not need any special equipment to run, a good pair of sneakers are fine. There are special shoes out there specifically designed for running but they are not necessary at this level. We will have uniforms for the athletes to wear.

The Boosters feel that this is an opportunity for all St. Mary students to participate in a sport and to promote the health and wellness of each individual child, as well as developing their catholic faith. It is also a wonderful opportunity for the parents to get involved and assist the team. It is a great way to keep in shape and interact with the children of our parish. If you have any questions or concerns, please contact Holly Phelps at 859-630-1130 or Chris Jennings at 859-380-0928.

Sincerely,

Holly Phelps-Coach
Chris Jennings-Director