

Parents,

I want to make you aware of an awesome program that will keep your child active, and more importantly have fun doing it, during the fall.

What is cross country? Cross country is a running sport that takes place over long fields of grass. Third and fourth graders compete in half-mile races; fifth and sixth graders compete in mile races; and seventh and eighth graders compete in one and a half mile races.

What if my child is involved in other sports or activities? No problem. Cross country practices and meets do not last very long. We have two 1-hour practices each week and four or five cross country meets (races) on Saturday mornings. It is understandable if your child cannot make a practice or meet due to conflicts with other sports or activities. And the best part, cross country compliments every other sport.

What will my child get out of cross country? A life lesson – your child will get out of it what they put into it. If they work hard in practice and in the meets, they will experience a gradual improvement in their times and finishing places.

How do I get my child involved? Go to the Catholic Youth Organization (CYO) website <https://www.cyojwa.org/content/386/Cross-Country> and click on the Registration link. Please register as soon as possible as we need to determine how many participants we will have.

Thanks,
Coach Rob Bryer