

Calling All Cross Country Runners

With summer upon us, now is the time to begin base training for the upcoming cross country season, which kicks off in early September. The racing season is short and those that are well prepared will set themselves up for a successful season.

Cross country is open to all students in grades 5th – 8th. A requirement to start the season is to be able to complete a mile without stopping. This is mainly enforced due to safety since we practice outside of SJS grounds. Most of our practices take place on Tuesdays and Thursdays from 2:15-3:30pm. Meets are usually scheduled once per week at various local schools. As the season progresses, invitationals are run on Saturdays throughout the season.

Our first practice will be scheduled for Tuesday, September 3rd. More information will follow once school resumes. The season runs through October, with the State XC Championships held on the first Saturday in November.

Attached you will find a summer training schedule for those who are inspired to come ready to run in September. I hope to find many new recruits eager to join the Saint James cross country team! The Manchester Running Club sponsors the Thursday Night Track & Field Series at Manchester High School, starting on Thursday, July 11th and running for 4 consecutive Thursdays, ending on August 1st. This is free to youth runners and consists of various running, jumping and throwing events. There is also a Youth Clinic held at the end of this month on the 29th. Please visit the MRC website to sign up.

Parents, please note that the SJS Sports Health Form will need to be completed before your child can practice or compete. The season begins quickly, so it would be wise to have all forms completed prior to the beginning of school. Also, a \$35.00 Cross Country fee is required before participation.

I would welcome any assistants with practices and/or competitions. Please feel free to contact me this summer if interested.

Have a safe summer and happy running!

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