

**WELCOME TO ST. CATHARINE
JUNIOR/SENIOR CROSS COUNTRY PROGRAM**

Welcome and thank you for supporting our School Program. The following information serves as a refresher for our returning students and an introduction for our new runners. We are committed to developing the values of honesty, discipline and goal setting in a supportive and fun environment.

PRACTICE

TUESDAYS: 2:30-4:00 At the Lake, 2nd Ave & West Lake Ave

THURSDAYS: 2:30-4:00 At the Lake, 2nd Ave & West Lake Ave

Practice begins **Thursday, Sept. 15th** Students Quietly Report to the Gym Immediately After School. Dress Appropriately and Wear **RUNNING SHOES!** Bring a Water Bottle to Practice and Label it With Your Name.

We will walk to the practice sites. Please remember that we are privileged to use the public facilities in Spring Lake and we must conduct ourselves in a manner consistent with school policies.

WEATHER: Practices and meets are generally NOT cancelled due to bad weather. When in doubt, check your email.

AFTER PRACTICE PICKUP: Pickup is at 4:00 pm. If your child is walking or biking home, please provide a note to the coach. Crossing guards will not be on duty. Any student left at practice more that 10 minutes will be escorted back to the school, brought to the aftercare program and a fee will be charged. **PLEASE BE PROMPT!**

MEETS

Please **REFER** to the attached schedule for meet information.

Please remember to **WEAR YOUR WHITE / BLUE TEAM SHIRT TO ALL MEETS!**

JUNIORS: 4TH, 5TH, & 6TH GRADES – 1 MILE

SENIORS: 7TH & 8TH GRADES – 1.5 MILES

Please arrive at the Meet by 8:45 and check in at the Team Table. Look for the Blue/White SCS TENT!

The Meet will start at 9:00 beginning with Grade K thru 8.

EACH RUNNER MUST COMPETE IN 2 MEETS TO BE ELIGIBLE TO RUN IN THE CHAMPIONSHIP!

SCORING

The Top Five Finishers for Each Team Score in a Meet

Runners are given the number of points equal to their place in the race. The points of the first five runners are added together and the team with the lowest point total wins. In the case of a tie, the points of the 6th and 7th place runners will be used to break the tie.

VERY IMPORTANT!!!!!!

**ALL RUNNERS WILL RECEIVE A PLACE CARD WHEN THEY FINISH.
EVERY RUNNER MUST TURN YOUR PLACE CARD IN TO THE SCS TEAM
OFFICIAL AT THE END OF THE FINISH CHUTE OR YOU WILL NOT BE
SCORED!!!!!!!!!!**

VOLUNTEERS

Parents interested in helping out at a Meet or Practice session should contact one of the coaches. Get involved! Your support is invaluable!

HEALTH CONCERNS:

If your child has asthma, allergies or any other condition that could possibly become an issue at practice, please notify one of the Coaches and remain close by at practice.

ADDITIONAL INFORMATION

Please refer to the handout that you received at registration. If you have any other questions, please contact one of the Coaches.

CONTACT: SEAN WOODROW
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