

St. A's Bulldogs Cross Country Club
Spring 2019

Why run?

It's FUN!

It is good exercise!

It makes you smarter!

It's good training for other sports!

You can do it when you are 80+!

My Job:

To share with you, my passion for running.

To teach you all I know about running.

To encourage friendly competition (personal and team bests!)

To KEEP YOU SAFE!

Your Job:

To come prepared: proper running footwear is a must as is appropriate running clothing and a **water bottle**.

To try you BEST! (ATTITUDE IS EVERYTHING!!)

To show team spirit.

To set a personal goal.

To BE SAFE!

Practice:

Practice is on Mondays and Wednesdays from approximately 3:00 to 3:45 at Waveny Park. We do not run to Waveny, and therefore need rides up to the Park. It is expected that every parent will contribute to carpooling. Please be sure to submit a "Permission to Travel" form (found on the school website/newsletter.) Parents generally coordinate carpools to Waveny after school. Pick up is at Waveny.

Meets:

We compete in the North Division of the **Fairchester Middle School League**. The meets are throughout Fairfield County and begin at 4:00

with a 3:45 p.m course walk-thru. We will carpool to the meets and everyone should be there by 3:15 for warm-up. I will send email reminders and directions the night before each meet. Fifth and Sixth Graders will be running a course of 1.5 miles. Seventh and Eighth Graders will be running a course of 2.2 miles.

MSFAA meet dates:

4/11 Wooster

4/18 Waveny

4/25 Sherwood Island

5/2 Merwin Meadows

5/9 Ridgefield Academy

5/13 TBD Championship Meet

As in the past, we will set a team goal of training for a 5K (3.1 miles)

Looking forward to another great season!

GO BULLDOGS!

Coach Debbie Moran

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