



St. Bernadette School
Grade 4 through 8
Girls and Boys
Cross Country Fall 2018

All students entering grades 4 through 8 in the fall are eligible to run on the Saint Bernadette School Cross Country team. Practices will be held Tuesdays and Thursdays from 3:15-4:00. The first practice will be Tuesday, September 11th from 3:15-4:30. The meet schedule is still being finalized but most meets will be on Wednesdays. Our last meet of the year will be on a Saturday. It is NOT expected students make every practice or meet. We encourage all ability levels. No prior running experience necessary.

Typically the team competes in several meets against area Catholic and public schools. Our 1.8 mile course for practice and home meets is at the Ellsworth McAfee Park on Route 135 in Northborough. Families will need to arrange transportation for their child to and from the practices and meets.

Coaches this year will be Margaret Driscoll, Nicole Mendoza, and Lina Long. We also need parent volunteers for help at practices and meets. For those that perhaps want to be a bit more involved, we are still looking for a Team Manager and results tabulator. Whether if it is once a week, or every practice and meet we have, any and all parent involvement is encouraged and appreciated!!! It is truly our parent volunteers that make the season a fun and successful one for the kids.

Please make sure all students have up-to-date physicals on file with the nurse at school. They need to have had a physical within the last 13 months of 10/31/18.

Please sign up below and return the form with a check made out to SBS to the main office attn: Cross Country. Any questions please contact our Athletic Director, Russ Harris @ rharris@stb-school.org

Our goals are to integrate an athlete's experience with the teaching of Christian values, to enhance an athlete's knowledge of the game, and to promote an attitude of respect and sportsmanship as individuals and team members

Grade 4-8 Cross Country Interest Form

Runner's Name _____ Boy/Girl _____

Grade _____

Cross Country Athletic Fee \$30.00

Cross Country Uniform Shirt \$20.00 (This is the same shirt for track and previous cross country seasons so you do not have to purchase a new one)

Youth: Med _____ Youth Large _____ Adult: Small _____ Medium _____ Large _____

Parent(s)/Guardian(s) _____

Telephone _____ Parent's email _____

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