

2018 St. Raphael School Cross Country Team



What is cross country?

Cross country is competitive long distance running.

Who can join the cross country team?

Any middle school student!

Do I have to be good at running?

No you do not! Runners of all levels can join cross country. The point is to get better!

When will cross country take place?

Practice will take place every Tuesday and Thursday from 2:30-3:30 starting on Tuesday Sept. 18th and ending on Thursday Nov. 1st. There will also be weekend competition opportunities and some meets on weekday afternoons. (see right column for more info on meets)

How far will we run?

Practice distance is anywhere from 0.5 – 3 miles, while competitions are 1 – 1.8 miles.

Who are the cross country coaches?

This year there will be three cross country coaches: Mrs. Siegel, Ms. Fiedler-Ross, and Mr. Salm.

Details for Parents/Guardians...

- Parents/Guardians will be responsible for transportation to and from **ALL** weekday **and** weekend meets.
- Carpooling is strongly advised!
- Meets are always optional, but are highly encouraged. Meets are where runners will truly get a sense of the cross country community. Meets are also great learning experiences for any students hoping to run cross country in high school.
- The price of cross country will be \$140. This includes weekday practices, registration for league meets, a uniform, and an end of season banquet (Tuesday, 11/6 @ 6:00pm). If your student already has a **grey** cross country uniform, the cost is \$130.
- The registration costs for larger (non-league) competitions will be paid on an as-need basis
- **Please email Mrs. Siegel at vsiegel@straphaelparishschool.org with any questions or concerns!**

Competitions and Meets:

There will be two types of competitions in Cross Country: League meets and larger, non-league meets (listed at the bottom). League meets will take place on weekday afternoons where St. Raphael School will compete against one or two other schools in our league. St. Raphael also host a league meet at our very own Playstead Park!

During the larger competitions listed below, St. Raphael School will be competing against schools from all over Massachusetts and the Northeast! These larger competitions are a great opportunity to see what cross country is like in a grander, more competitive setting! The dates for these larger (non-league) meets are:

**10/7: The Wayland XC
Festival (Wayland, MA)**

**10/21: The Mayor's Cup
(Franklin Park, Boston)**

**11/3: Massachusetts Middle
School Cross Country
Invitational (Devens, MA)**

**TBD: Jim Munn Invitational
(Gloucester, MA)
*usually the last Thursday of
October**

**Dates for League Meets will be
communicated once they are
released from the League Director.**