



**Boys & Girls
Cross-Country
Summer/Fall 2018
Season**

3rd – 8th Grade

**First Practice:
Around August 15th
Exact date TBD**

The St. Joseph Elementary & Parish Cross Country program is designed to provide a fun environment in which children in Grades 3-8 of all abilities will be guided towards their “personal best” in the one mile off-road race while developing the skills of distance running and conditioning. It is excellent way to start conditioning for other sports.

The Oakland Diocese hasn’t announced the season start date, but it is usually around Tuesday, August 14th. Practices are Monday, Wednesday & Friday from 5:00-6:00pm at Crown State Beach and runners must attend at least two days each week. The cost is around \$150 (the one time school sports fee, handled via FACTS) for the first child in a family. \$75 for the second. This fee is not required again for any other sports that school year.

Registration will begin in August at:
<http://stjosephalameda.siplay.com/site/>

Oakland CYO Cross Country Page:
<https://www.oakdiocese.org/CYO-and-scouts/cyo/cross-country>

Our Google Group is:
<https://groups.google.com/forum/#!forum/stjoseph-crosscountry>
Send me an email to: 16kpsi@gmail.com to join

Info about Royal's Athletics can be found at:
<http://stjosephalameda.org/athletics>

Please feel free to contact me if you have any questions about the Cross Country program. I hope you'll join us for another great year of racing!

Sincerely,
Coach Tony Lawson (16kpsi@gmail.com) 650-387-6402

LOOKING FOR COACHING HELP!!!

It's a great way to connect with kids from other grades in the school. It's a lot of fun.
And! Being a coach will get you your full 30 hrs of volunteer time for the year