



**Boys & Girls
Cross Country
Summer/Fall 2019 Season**

**3rd – 8th Grades
(K-2 with parent attending)**

**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.

Practices are Monday, Wednesday & Friday (but we may try to add Tuesdays or Thursdays) from 5:00-6:00pm at Crown State Beach and runners must attend at least two days each week. The cost is \$200 (the one time school sports fee, handled via FACTS) for the first child in a family. \$150 for the siblings. 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/crosscountry>

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:
<https://stjosephalameda.org/student-life/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**