



Saint Mary Cross Country Jr.

2nd grade – 5th grade

Welcome to our new SMCS Cross Country Jr. for students in 2nd thru 5th grade. This program focuses on building strength and endurance towards distance running. Practices are held on Tuesday, Thursday from 3:00 p.m. - 4:00 p.m. Coaches are Saint Mary School parent volunteers who are cleared through our safe environment process.

Students should wear good quality running shoes and PE uniform. Students will not change clothes before practice. Dress according to weather and remember to bring a water bottle. Please contact Jenna Beaty jenna.beaty@saintmaryschool.net with questions. Students must have a permission slip on file to attend. Deadline to register is the starting date of each session. Circle session(s) your student will attend.

Sessions will be:

September 4th – September 20th

October 2nd – 25th

November 6th – 29th

Winter dates to be determined

No practice on school holidays or half days.

Name _____ grade _____

Phone # _____

Email _____

Parent/guardian name _____

Emergency contact _____

Allergies/medical issues _____