

SAINT MARY'S CROSS COUNTRY

St. Mary's is starting a cross country team for students currently in grades 4-6 (possibly 3rd grade if there is interest). Our goal for the team is to teach the skills most prevalent in the sports of cross country and track and field. We are excited to offer this opportunity and believe it will be a positive experience for all involved.

WHO CAN JOIN?

St. Mary's students enrolled in grades 4-6.

WHAT IS THE COST?

\$20 for singlet uniform top but we are trying to find a sponsor to cover the cost.

WHEN DO WE START?

TUESDAY, AUGUST 29TH and will continue until September 29th.

Practices will be held every **TUESDAY AND FRIDAY AFTER SCHOOL UNTIL 5:00 PM.**

WILL WE COMPETE?

Yes, St. Mary's will compete in at least one race that is currently scheduled for 9/20. This race will be against other Rushville elementary cross country teams and will take place at BRMS. More information to come.

COACHES

Marcy Westphal (Lions Pride Running Club Assistant Coach)

Savannah Westphal (Former RCHS Cross Country /TF Athlete and Collegiate Athlete)

For questions contact Marcy Westphal at
317-281-9304 or marcywestphal@yahoo.com

**UPDATE! First practice will be Tuesday, August 29th.
Please bring water and appropriate running wear
and shoes.**

