



HOLY ROSARY CYO CROSS-COUNTRY TEAM

For K-8th Graders



Come be a part of this great fall tradition. All K-8th graders are invited. Participating in cross-country is fun and great exercise. We hold two one hour weekly practices which are **not** mandatory, but extremely helpful and fun for the kids.

As coaches and parents, we recognize it is easy to overschedule kids. Our own kids are already signed up for other fall sports and activities. We want to provide kids with an easy way to get out in the woods for some fun, adventure and exercise. Cross country practices also provide an excellent way for kids to increase their speed, aerobic capacity, core strength and balance for other sports. We invite you to decide what your kids' participation in cross-country will be. If they aren't interested in racing, that's okay! One practice a week is fine too. We also encourage you to make cross-country a family activity. Parents are welcome to come walk in the woods, run with the kids, or play at the playground with smaller kids. Holy Rosary cross country t-shirts will be available for registered kids.

This is an extremely short season, so we hope that many of you can join us. K-3 graders run a 0.5 mile course; 4th/5th graders run a 1 mile course; 6th/7th graders run a 1.35 mile course, and 8th graders run a 1.47 mile course. Please feel free to contact us with any questions.

Registration: The registration fee is \$35 per athlete. Please register online at <http://holyrosaryedmonds.org/online-registration-for-cyo/>

Practices:

Location: Lynndale Park: 18927 72nd Ave W, Lynnwood

Dates/Times: FRIDAYS 5 p.m. – 6 p.m., SUNDAYS from 4:00 pm to 5 pm

The first practice will be Friday, September 2nd at 5:00 p.m.

Meets:

Meet location: Lower Woodland Park: 1000 N 50th St N 50th St Seattle

Preliminary Meets*:

Sunday, September 24, 1:00 p.m.

Sunday, October 1, 3:15 p.m.

Championship:

Grades K – 3: Sunday, October 8, 1:00 p.m.

Grades 4 – 8: Sunday, October 15, 1:00 p.m.

*Your child must participate in at least one preliminary meet to qualify for the championship

Join us on Facebook! **Holy Rosary CYO Cross Country**



Lane Seeley
Holy Rosary Cross Country Coach
seelel@spu.edu / (425) 775-6883

Sarah Lacy
Holy Rosary Cross Country Commissioner
CYOdirector@holyrosaryedmonds.org / (206) 200-5095