

# CROSS COUNTRY

Calling All Rising 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Boys and Girls...

Sign-ups for the 2017 OLM Middle School Cross Country Team are now available at the following link:

[www.olmhoops.org](http://www.olmhoops.org)

\*Click the "Register Online" box on the left side of the screen to sign-up.

This past season the OLM Cross Country team had a fun and exciting season capped off by a Catholic Athletic League State Championship for the boy's team. Being a member of the OLM Cross Country team is a great way to start off the school year and have fun with your friends, show pride in OLM and compete against other Catholic schools throughout the state. Our team is comprised of runners of all ability who support and encourage each other during our 6 week season.

To give a brief overview for new runners, we begin practicing in August at our home practice field in Goddard Park. As school begins, our practices usually run on Mondays and Fridays at 3:00 in Goddard Park. Meets are on Wednesdays and all but two of them are at Goddard Park. The other two, one of them being the end of season state meet, are at Slater Park in Pawtucket. We begin in August with light workouts and gradually work our way up to meet distance and speed.

Good news...Included in the \$75 registration fee this year will be new uniforms!

In order to ensure that uniforms will be ready for the start of the season and team registration with the league, there will be a cutoff date for sign-ups in mid-August. Exact date to come but reserve your spot now so you have one less thing to worry about before the start of school. Plus, if you sign-up now you'll be able to join us for some informal runs throughout the early part of the summer to be sure you're ready for the season.

Please feel free to reach out to any of our coaches with any questions.

Rosa Ciunci, Colleen Clare-Coen and Adam Couto