



ALL SAINTS CROSS COUNTRY

Think your child might enjoy running cross country this fall??

All Saints has a long-standing, quality cross country program open to all fitness and experience levels. This program focuses on the development of work ethic, goal setting, teamwork and sportsmanship. The objective is to introduce kids to running, while building confidence and having fun. Registration open to children who attend surrounding Catholic schools or members of surrounding parishes.

DID YOU KNOW??

Many kids who start cross country in middle school continue to run in high school

Cross country runners overall have the highest GPAs of all high school and college athletes

Over time cross country will get you more in shape by working every muscles in the body, therefore building muscle while burning body fat. It improves cardiovascular endurance as well.

- Open to 7th and 8th grade girls and boys
- All races are 2 miles
- Practices are held at Swaim Park, Cooper Road in Montgomery on Monday, Wednesday, and Thursday evenings starting in August
- Most meets are held on Saturdays
- Registration is now open at <http://allsaintsboosters.sportssignup.com/site/>
- For more information, please email Head Coach Maureen Corl maurencorl@outlook.com