



Fall 2016 Cross Country Registration is Open!

Cross Country is a great way for kids to participate in a diocese wide sport and learn the basics of long distance running with their classmates and friends. You don't have to be a runner to try Cross Country, you just need the desire to try. Kids of all abilities are welcome to join!

Grades: K – 3

Coach: Patrick Murphy, pxmurphy@hotmail.com, 425-591-7820

Practices:

When: Thursday, immediately after school from 3:45 – 4:45pm

Where: Tibbets Valley Park (10 minute drive from Issaquah campus)

Start Date: Thurs. Sept 8th and for 5 consecutive weeks

Fee: \$45 (*Early bird discount!! Register by 6/17/16 and take \$5 off price*)

Grades: 4 – 8

Coach: Brian Bashinski

BBashinski@SJCissaquah.org

425.281.0438 cell

Practices:

When: Tuesday/Thursday, immediately after school from 3:30 – 5:00pm

Where: TBA

Start Date: Tuesday, September 6th and for 5 consecutive weeks

Fee: \$45 (*Early bird discount!! Register by 6/17/15 and take \$5 off price*)

Meets:

When: Sundays 2:00pm 9/25/16, 10/2/16, 10/9/16

Where: **Lake Sammamish State Park**

Coarse: K-1	.4 mile
2 nd /3 rd	.6 mile
4 th /5 th	1.00 mile
6 th	1.35 miles
7 th /8 th	1.50 miles

Assistant Coaches Needed:

We need assistant coaches for both the K-3 team and the 4th- 8th team. No Cross Country experience necessary. Get some volunteer hours and some exercise! Contact the above coaches for more information.

Register: <https://www.sportspilot.com/Register/Family/Default.asp?ASOID=106206>