

St. Joseph Downingtown Cross Country

Coaches:

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General Cross Country Information and Requirements:

- Registered members of St. Joseph Parish and/or School
- Boys and Girls entering grades 4 - 8
- Registration is held in June during Fall Sports Registration
- No minimum or maximum number registered athletes
- 3 divisions:
 - Novice – born in 1998-1999 and in at least 4th grade; run 1.86 miles.
 - Minor – born in 1996-1997; run 1.86 miles, but more hills than novices.
 - Cadet – born between Sept.1, 1993 and Dec.31, 1995 and not graduated from 8th grade; run 2.48 miles.
- Registration fee (2007): \$50
- Uniform deposit required: \$50
- Equipment purchased by family: running shoes
- Meets are generally held on Sunday.
- Season runs Aug 15th – late Oct; Championship to follow.
- Individuals may go to summer camps. There is no team camp.
- Practice may begin Aug 1st
- Practices are held Monday and Thursday.
- Practices and/or meets are generally 3 times/week.

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Philadelphia OYYA/St Joseph CYO Cross Country

St Joseph coach's philosophy: There are no losers as long as you do three things while participating on St Joseph's Cross Country team. Number one: always try your best. Number two: while working towards your goals, look for opportunities to have fun and then have fun. Number three and most importantly: always treat other athletes, coaches, spectators, and officials, as you would want to be treated, with respect, compassion and good sportsmanship.

Dates:

Championships: (must finish at least 2 meets to qualify)

Times: Sub-novice (mixed girls and boys) will start at 12:45PM. Novice girls will start at 1PM, followed by novice boys, minor girls, minor boys, cadet girls, and cadet boys.

Course walk: September at noon (all groups).

Age groups:

Sub-novice – 1st, 2nd, and 3rd graders regardless of age; run 0.9 miles.

Novice – born in 1998-1999 and in at least 4th grade; run 1.86 miles.

Minor – born in 1996-1997; run 1.86 miles, but more hills than novices.

Cadet – born between Sept.1, 1993 and Dec.31, 1993 and not graduated from 8th grade; run 2.48 miles.

Rosters: September 16th is the last day to add someone to the St Joseph roster; athletes must run in 2 meets to be eligible for the championship meet.

Replacement numbers: If a child forgets a number on the day of the meet, a new number must be obtained at the cost of \$5.00. You must have a number to run in a meet.

OYYA Cross country coordinator:

Mary Ellen Malloy 215-757-9625

sunrisexc@aol.com

CYO XC website: www.oyya.org

Practices: Monday and Thursday 6 PM – 7 PM (this will be adjusted as it gets darker earlier through the fall) as listed below. Practice usually consists of a warm-up run, stretching, longer run, and warm-down with pushups, sit-ups, and stretching. Always bring something to drink to practice. As the weather gets cooler, dress in layers – you can always take layers off as you warm up while running. We will usually still practice in a light rain – in downpours or lightning practice will be cancelled.

Remember, younger siblings and parents are always welcome to run (or walk) with the group.

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St. Joseph Downingtown 2008 CYO Cross Country Practice and Meet Schedule

September:

October:

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- CYO's First Cross Country team in 2007 had runners Tyler Lanasky, Gordon Barchet and Matthew Farrell run in the Mid-Atlantic Meet and qualified to run in the National Championship meet held on December 1st in Lexington, Kentucky. During the Mid-Atlantic Meet Matt placed 8th overall and medaled, Tyler placed 12th overall and Gordon placed 13th overall. Joseph Doran placed 14th at the Archdiocesan Championship and qualified for, but did not run in the Mid-Atlantic meet due to illness. Gordon and his family opted not to compete at nationals. However, Tyler and Matt ran at nationals and medaled – the first 25 participants in each age group medaled - with Tyler taking 18th place and Matt taking 23rd place overall. Both were also part of the Philadelphia Arch Dioceses C team that came in 4th place.