

Good Shepherd/St. Johns/Word of Life Cross Country Schedule 2009

It's Cross Country time! Following is a schedule of days we will be running. For practices listed to be held at McCarty Park we meet in the parking lot at the corner of 84th & Cleveland. If it's drizzling we'll run, but if there is lightning we will not. We will keep you posted on scheduling changes. If you ever have a question as to whether or not we'll be running or you have a conflict, please call Karen Spiegelberg or Chad Grambsch at the numbers listed below.

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| Tuesday, August 11 | 5:30-6:30 p.m.-McCarty |
| Thursday, August 13 | 5:30-6:30 p.m.-McCarty |
| Monday, August 17 | 5:30-6:30 p.m.-St. John's, 68 th and Forest Home |
| Wednesday, August 19 | 5:30-6:30 p.m.-St. John's |
| Monday, August 24 | 5:30-6:30 p.m.-McCarty |
| Thursday, August 27 | 5:30-6:30 p.m.-McCarty |
| Wednesday, September 2 | 3:30-4:30 p.m.-St. John's |
| Monday, September 7 | 3:30-4:30 p.m.-St. John's |
| Wednesday, September 9 | Pilgrim Meet-4:00 p.m. Look at Maps booklet for information. |
| Friday, September 11 | 3:30-4:30 p.m.-St. John's |
| Monday, September 14 | 3:30-4:30 p.m.-St. John's |
| Wednesday, September 16 | Star of Bethlehem Meet-4:00 p.m. |
| Saturday, September 19 | St. John's, Milwaukee Meet-8:30 a.m. |
| Monday, September 21 | 3:30-4:30 p.m.-St. John's |
| Wednesday, September 23 | 3:30-4:30 p.m.-St. John's |
| Monday, September 28 | 3:30-4:30 p.m.-St. John's |
| Wednesday, September 30 | St. Paul's, Franklin Meet-4:00 p.m. |
| Saturday, October 3 | WLC Meet-9:30 a.m. |
| Monday, October 5 | 3:30-4:30 p.m.-St. John's |
| Wednesday, October 7 | WISCO GRADE SCHOOL MEET (GRADES 5-8 ONLY)-4 p.m. |
| Friday, October 9 | TEAM PARTY-5:30-7:00 p.m. LOOK FOR A NOTE |
| Friday, October 16 | WLC Challenge (must qualify to compete – check with coach) |

A separate booklet will go home with meet directions and information.

If you need rides to any of the meets please let me know so we can make sure everyone has a ride or if you're able to drive and have room for additional kids, please let me know.

Yours in Christ,

Coaches Karen Spiegelberg and Chad Grambsch

262-797-9552

414-313-4308

CROSS COUNTRY IS A GREAT WAY TO GET SOME EXERCISE, FRESH AIR, BUILD CONFIDENCE, HAVE FELLOWSHIP WITH OTHER KIDS AND USE OUR ABILITIES IN RACES DOING IT ALL TO THE GLORY OF GOD SO... GET OUT THERE AND RUN AND HAVE FUN!

More information on back

WHAT IS CROSS COUNTRY?

This is a good question, especially since we generally have a lot of new and young members. Grade school cross country involves running/training mostly off-road in parks, etc. to eventually run in meets that are 1.5 miles in distance. At races, Girls and Boys run separately and in two different categories--- 7th and 8th as the Varsity team and then 6th grade and under as the Junior Varsity team.

HOW OLD MUST MY CHILD BE TO PARTICIPATE?

St.John's/Word of Life students from Kindergarten through 8th grade are eligible to participate.

HOW MANY RACES WILL WE RUN IN??

We generally run in 4-5 races during the season. It is not like basketball or volleyball, etc. where we are in a meet every week. That's also why, if you want to be out for Cross Country AND another fall sport (or Forensics), you can do it. We are always willing to work with students' schedules so we accommodate them.

IS THERE ANYTHING I SHOULD DO TO PREPARE BEFORE THE START OF THE SEASON???

Yes! Run whenever you get the chance. Run in your own neighborhood. Go with an older brother or sister or have a younger one or a parent run with you or ride their bike along-side you. Stay hydrated before you run and in between eat good foods and get good rest.

WHAT SHOULD I BRING TO PRACTICE??

Make sure to have your children in comfortable running attire, generally shorts and a t-shirt. It is also very important to bring a bottle of water or some sports drink to stay hydrated. At McCarty Park, you are more than welcome to stay and walk or run with your child. We meet in the parking lot and then run around the lagoon. At St. John's on 68th and Forest Home we meet near the playground and run the course there.

WHAT DO I NEED TO DO FOR MEETS??

Make sure to have your child at the meet at least 20 to 30 minutes ahead of their race time. They need this to warm up. It is also important that you have your child check in with the coach to get their running tag and to get to the appropriate starting box. At the end of the race make sure your child reports in to the coach to record times and places.