



St. Thomas the Apostle Cross Country

Join Us

This co-ed fall sport is open to all students from Kindergarten to 8th Grade. It for those who like to run and have an interest in running competitively. Meets are a wonderful day with other STA families during the nicest time of the year. The students love to cheer each other on! Dedicated coaches with years of experience with a central focus on the development of the athlete's confidence.

Practices

- Practices will be held 4 times a week but the student is only required to attend 2 (Monday - Thursday). There will be 3 at Smithbridge Park and 1 practice after school at St. Thomas.
- Practices will begin late August and times TBD.
- No prior experience is required!

Meets

- Races are held on Sundays at Belmont Plateau in Fairmont Park at 1:00 PM Each meet includes the entire Archdiocese of Phila. Races are run in order for regular meets (Sub-novice Girls, Sub-novice Boys, Novice Girls, Novice Boys etc). When your race is over you may leave.
- Student must compete in 2 meets in order to qualify for the championship meet.

If you would like to register your child please go to

<http://tinyurl.com/STSCYOREGISTRATION> or email Jen Hartman hjhartman@verizon.net

2016 Coaches

Mr. S

Sandy
Bakey

Jen
Hartman

Mark
Mervine

Adriana
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Team
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