

Why should I join the 2009 Saints Cross Country Team?

There are many reasons why you might want to be a part of Saints Cross Country. You might be good at running. You might want to get into better physical shape or stay in shape for another sport. You might enjoy just being part of a team and helping out. Cross country is both a team and an individual sport. We need at least 5 runners in any race to be entered as a team. Sometimes we run with less than 5 and you can medal as an individual. Some races we have more than 7 in one race.

If you have questions about cross country, please call me at 660-463-2238 ext. 611.

The Saints Cross Country Team (male and female) practice each school day starting about 4:00 in the afternoon. We don't run 3-5 miles every day, but try to increase our workouts until we feel we are ready as individuals and as a team. Most practices don't last much over an hour and still give you plenty of time to enjoy being a student at SPLHS.

If you are interested in being part of the 2009 Saints Cross Country Teams, please fill out the form and return it to the school. Practices will begin the first day of school. If you have questions, please call me at the telephone number above.

Monte Pitsch  
Athletic Director



Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_\_

\_\_\_\_\_ Yes, I want to be a part of the 2009 SAINTS CROSS  
COUNTRY TEAM.

\_\_\_\_\_ Yes, I want to be a part of the 2010 Saint Track and Field  
Team.

Questions/Comments you want me to address?