

Cross Country 2017-2018



Calling all runners! I am very excited that Saint Paul will be offering cross country this year as a fall sport. Maybe you love to run. Maybe you do not necessarily consider yourself a runner, but you have an interest in running. Maybe you would enjoy being part of a team. Quite possibly, you might be getting yourself in shape for another sport, and maybe you are just curious what this cross country stuff is all about. If you find yourself fitting into one of these categories, I encourage you to come and check it out.

Of course running builds muscle, increases endurance and stamina, and is a great way to improve your overall physical health, but did you know that running also has other far-reaching benefits? It can help boost your self-confidence as well as relieve stress and maximize your energy level. After a long hard day of classes, you might want to give this some thought.

Running is something you can do on your own or you can enjoy doing with other people. It is both individual and team oriented. You can set goals to reach your personal bests and in doing so, help your team to reach its potential. Encouraging each other, working together, and giving 100% effort can lead to a successful season. It requires no equipment other than a good pair of running shoes and a "CAN DO" attitude.

Cross country practices will start after the first day of school on August 14 at 4:00pm. Practices will typically run 1-1 ½ hours. If there is a stint of really hot days, we may have evening practices, but those will be determined on an as needed basis.

It would be wise to start working on building that running base now. That means logging a few miles before school starts. Begin working to build up to 2-4 miles a day, 3-5 days per week. This will help get your body acclimated to the type of running that we will be doing. I realize that everyone will be coming in with different levels of experience. That is fine. We will work on this.

If you are interested in being a part of the 2017 Saints Cross Country Team, please contact me at cte56410@centurytel.net. All participants must have a completed SPLHS Medical Questionnaire and a current physical examination using the form provide by the MSHSAA (Missouri State High School Athletic Association). These forms are included with the online registration materials from SPLHS. If you have questions about cross country, please contact me by email, and I will be happy to answer those.

I am looking forward to working together with you!

In His service,
Gina Martens (600) 463-1337
Cross Country Coach