



CROSS COUNTRY 2022

Calling all runners! Saint Paul will once again be offering cross country this coming fall. 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 bolster your self-confidence, relieve stress, maximize your energy level, and boost your immune system. 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 the week of Fall Sports camp beginning the evening of August 8th at 7:30 pm. Meet in front of the gym at this time. We will practice in the evenings during the two weeks of Fall Sports camp and then practice times will be announced for the following weeks. Practices will typically run 1-1 ½ hours.

Local athletes will be allowed to stay at home the first week of camp. Local athletes will need to make prior arrangements with the Business Office if they wish to eat meals in the dining hall. The cost for any meal in the dining hall for local students will be \$6.00 per meal.

Dorm athletes will need to live in the dorm for the first week of camp (unless staying with a host family). Cost for the dorm athletes for the one week will be \$95 which includes 3 meals each day.

It would be wise to start working on building that running base over the summer; that means logging some miles before school starts. Begin working to build up to 2-4 miles 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 2022 Saints Cross Country Team, please fill out the attached form and return it to school. All participants must have a completed SPLHS Medical Questionnaire and a current physical examination using the form provided by the MSHSAA (Missouri State High School Athletic Association). These forms are included with the online enrollment materials for SPLHS at Saints Central (Blackbaud). The entire enrollment process must be completed prior to practice. If you have questions about cross country, please contact me at cte56410@centurytel.net, and I will be happy to answer those.

I am looking forward to working together with you!

In His service,
Gina Martens
Cross Country Coach

Yes, I would like to be a part of the Cross Country team for the 2022-2023 academic year. I will be at the first practice on August 8.

Signed _____