

# CROSS COUNTRY FACT SHEET

**CATEGORY:**

Athletics

**SPONSOR(S):**

James McGuirk

**PRE-REQUISITES:**

none

**DESCRIPTION:**

Competitive running

**MEETINGS:**

Practices on weekdays, meets on Saturdays

**DUES:** \$75

**OTHER MONETARY REQUIREMENTS:**

n/a

**TRAVEL:**

Travel to in-town and out of town competitions

**PARENTAL INVOLVEMENT:**

Parents can cheer for the team at meets, join booster club, supply gatorade or water for practices

**REQUIREMENTS TO MAINTAIN MEMBERSHIP:**

Make an effort

**BENEFITS AND OTHER GOOD INFORMATION:**

fitness, self-discipline, pride, camaraderie, great quads