



Welcome to HGA's Cross Country Team for 2017!

What is Cross Country? Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain. The courses are mostly run across grassy fields, wooded paths, and have a mixture of hills. A great thing about cross country is that **everyone competes!** Everyone runs the same course, and **ALL** athletes get to participate. There are **no cuts**, and **no bench** to sit on and watch while others play!

How far will my child run?

**** RUNNERS SHOULD BE COMFORTABLE RUNNING MOST OF THEIR DISTANCE BY AUG 1st ****

- | | | | |
|----|-------------------------|------------|-------------|
| 1. | Kindergarten to Grade 2 | Division 1 | ½ Mile |
| 2. | Grade 3 to Grade 4 | Division 2 | 1 Mile |
| 3. | Grade 5 to Grade 6 | Division 3 | 1 1/2 Miles |
| 4. | Grade 7 to Grade 8 | Division 4 | 2 Miles |

When are practices and meets?

August 1st - 31st

Tuesday, Wednesday, Thursday nights – Jim Dietrich Park 7pm-8pm

Sept 5th – Approx. Oct 15th Grades 3-8 Tuesday, Thursday after school until 4PM at HGA

Grades K-2 Wednesday after school until 4PM at HGA

Meets – Sunday afternoons starting Late August / Early September - 2pm at various Berks County locations. Specific info will be provided when the schedule is released.

What does my runner need? The most important thing your runner will need is a good pair of running shoes. Loose fitting T-shirts and shorts are adequate for training, and your athlete will receive a school uniform for meets. Please make sure that your runner brings a filled water bottle to all practices.

Who do I contact if I have questions:

Coach Jess – 215-429-4583

Coach Chris – 484-529-1471

HGAXCTEAM@GMAIL.COM