



# Welcome to HGA's Cross Country Team for 2019!

**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 1<sup>st</sup> \*\***

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 7<sup>st</sup> - 29<sup>th</sup> Tuesday, Wednesday, Thursday nights – Jim Dietrich Park 7pm-8pm

Sept 3<sup>rd</sup> – Approx. Oct 18<sup>th</sup> Grades K-2 Wednesday after school until 4PM at HGA

Grades 3-5 Tuesday, Thursday after school until 4PM at HGA

Grades 6-8 Tuesday, Wednesday, Thursday 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.

**HGA Invitational 2019** - Mark your calendars - Our meet is September 29, 2019 at Jim Dietrich Park

**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

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