



AGS Cross Country 2020

Welcome to the Archangel Gabriel School Cross Country Program! This is an exciting and successful program that helps the students develop confidence, and achieve optimal conditioning for all sports, all while running with friends outdoors! Last year, both our girls' and boys' teams earned trophies for top placements in the Diocese Championship.

- Registration is open to students in grades 4 through 8 who comprise the girls and boys JV and Varsity teams.
- Practices two to three times per week (Monday and Thursday at 6:15-7:30pm, and some Saturday mornings) to begin in late July (assuming we receive proper clearance to resume sports), at Settlers Cabin/Montour Trail and other local venues. Families are welcome to stay during practice to run/walk with the team.
- Meets to begin in late August and conclude with Diocese Championship in late October. Three home meets at Chippewa Grove in Settlers Cabin Park and roughly seven other meets/invitationals (one meet per week).
- There is little conflict with other sports, and the coaches try to coordinate with each other so that students can participate in multiple sports. Don't worry if the students have to miss because of summer vacation or other commitments.
- All coaches/volunteers will have proper clearances and be certified in "protecting God's children."

Stay tuned for further registration information via Option C/Team Snap. It is imperative to register asap once athletics sends out the link for registration as this will be the sole method of communication. Thank you and see you on the course! Contact Coach Nicole Crofford at nmoschetta@gmail.com, with questions.