



## Archangel Gabriel School Cross Country Program 2021!

- Be a part of an exciting and successful program that helps runners to develop confidence and to achieve optimal conditioning for all sports.
- Run with friends and family outdoors, with plenty of adventures!
- Our teams earn trophies for top placements in the meets and championships. We won best overall combined boys and girls teams in 2020, had many individual awards, and a Diocese Champion runner (who was a beginner last year!).
- 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 to begin in late July, at Settlers Cabin/Montour Trail and other local venues.
- Meets to begin in late August and conclude with Diocese Championship in mid-October.
- There is little conflict with other sports, and many participate in multiple sports. We are flexible with vacations and other commitments.
- 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. Contact Coach Nicole Crofford at [nmoschetta@gmail.com](mailto:nmoschetta@gmail.com), with questions.

