

CCYO Junior High Cross Country



Boys and girls in grades 6-7-8 are invited to take part in the **CCYO Cross Country program**.

For about 30 years, this program has introduced Catholic grade school students to the great sport of cross country.

Coaches this season: Owen Canfield IV, Blake Fabian, and Allison Lubbers were high school athletes and are passionate about getting youth involved.

Practices: 6:00 p.m. each Monday and Thursday at Lake Hefner.
Students will compete in four Saturday meets from Mon 8/23 through Sat 10/2.

Cost: \$60 per child, which covers all meet fees and a running jersey that you can keep.

Our first practice is **6:00 p.m. Monday, Aug. 23, at Lake Hefner**. Exit Lake Hefner Parkway at Britton Road, follow the access road south past the boat club and restaurants. We'll meet at the first lot just past the right (west bound) turn and small stop sign for the bike/run trail.

Students need to wear active clothing, new running shoes, a digital wrist watch, and bring a water bottle.

Parents, come **Monday, 8/23/21 at 6:00 p.m.** and plan to spend a few minutes hearing the coaches explain the season. Please bring cash or check for \$60 and hand it to one of the coaches or administrators at the end of the short (~15 min) parent meeting.

Miss the meeting/start? No problem just contact Head Coach Owen IV at 760-6985