

# Announcing the 2009 St. Edmund's Academy Cross-Country Team

Open to boys and girls in grades 2 - 8

Now in its ninth season, the St. Edmund's Academy Cross-Country Team promotes an active lifestyle and strives to teach our children the benefits of regular exercise: building strength, endurance, and flexibility. Runners have fun and compete with other area schools for trophies and medals.



The team is coached by John Holzinger (father of Michael '08), who is a certified Level 1 coach by United States Association Track and Field. John has been coaching the St. Edmund's Academy team for eight years, during which time the team has won dozens of trophies and individual medals.

## Practices

**Optional Fun Runs, August 9 - August 30 at Schenley Oval:**

Tuesdays & Thursdays 5:30 to 6:30 pm

Saturdays 9:00 to 10:00 am

**Regular Season, September 1 - October 4 at Frick Park Bowling Greens:**

Tuesdays & Thursdays 5:30 to 6:30 pm

Saturdays 9:00 to 10:00 am (at Schenley Oval)

All runners are required to submit a Health Assessment Form to SEA prior to participation. Forms are available at [stedmunds.net](http://stedmunds.net).

## Regular Season Meets

Schedule to be announced. Tentatively, there are four meets scheduled through the beginning of October. The meets will be held on Sunday afternoons and last no longer than an hour and a half or so. Three of the meets will be held at Frick Park Bowling Greens; the other site is to be determined. Generally, the younger children will run approximately .8 mile while the 6th through 8th grade children will run approximately 1.6 miles. Boys and girls compete in separate races.

**In addition, please make note of the following key dates:**

Sunday, 8/9,	5:00 pm	<b>Informational meeting</b> for parents & runners at Schenley Oval (in the shelter at the top of the steps between the tennis courts)
Sunday, 9/13,	1:00 pm	<b>6th Annual SEA Pre-Season Invitational Cross Country Meet</b> at Frick Park Bowling Greens (off Reynolds St) <b>PARENT VOLUNTEERS NEEDED!</b>

**For more information, contact Coach John Holzinger at:**

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