

Calling all St. Fabian and Our Lady of Sorrows runners who want to be part of a winning Cross Country team!!! We had great success last year capturing the CYO championship and we are looking forward to another strong season this year. This program is opened to all and everyone makes the team. We have many different levels of runners, but all can compete, make friendships and build their confidence.

I have been coaching middle school cross country for the past 8 years with a number of other coaches and many of the runners we have coached have gone on to run in high school and have enjoyed it! Cross Country is an awesome sport that builds confidence and a can-do attitude to achieve success. Cross Country is a great complement to other sports like Soccer, Basketball, Baseball, Softball and Lacrosse, as it builds strength and endurance. We welcome athletes who participate in other sports and therefore can practice only part time.

For most of the student runners, I focus on a gradual increase in distance, developing correct, relaxed running form, pace judgment, some short repetition running, and having fun. I would much rather have them get enthused about running and go on to continued improvement in high school and college and a lifelong appreciation for the sport.

I highly encourage parent involvement and it is an opportunity to stay in shape and to get a few miles in yourself. You will see this is very a much family/community sport at all levels.

Practices: We plan to have 4 practices per week, Mon, Tue, Wed and Thur and a few Saturday mornings. Practices are 1 hour from 6pm-7pm. Being a parent of 5 children (most of them grown now), I understand sometimes making all the practices is impossible, I am very flexible. We will begin practices in mid-August shortly before the school year resumes. Practices will be held at OCC Orchard Ridge campus in Farmington Hills, east side parking lot.

Competition: There will be 6-7 races during the season. Race distance for 3rd-6th Grade is 1.2 miles, while 7th-8th Graders run 2.0 miles.

Registration: [St. Fabian.org/cyo-athletics.html](http://St.Fabian.org/cyo-athletics.html)

Thanks for your consideration of the St. Fabian and OLS Cross Country program.

God Bless,

Bob Coe (Stella Coe 6th grade OLS)
Cross Country Coach