



ST. FABIAN

CROSS COUNTRY

Who are we? FAMILY! What do we do? RUN HARD RUN FAST!



Practice: Monday – Thursday, 6:00 – 7:00 pm

Season: August 7 – October 14

Location: Oakland Community College – Orchard Ridge Campus

Who: Students in Grades 1 – 8

Cost: \$115 per athlete (plus \$100 uniform deposit – returned at end of season)

Do you like to run? We're looking for parent volunteers to help!

Register at: <https://stfabian-mi.finalforms.com>

Our program is focused on learning to set goals, and then working hard to achieve them. We are always positive in our approach, and always cheer for everyone, whether you're first or last. Our athletes leave this program having discovered grit and determination that will help them push towards success for the rest of their lives.

Questions or want to volunteer to help? Please contact:

Adam Specht, Head Coach Adam_Specht@sbcglobal.net

Mr. Lytle, St. Fabian Athletic Director DLYTLE@stfabian.org