

Cross Country

Cross country season is fast approaching. Cross country at Carlow is co-ed and open to all 3rd through 8th graders. Registration forms will be sent out shortly, but we wanted to get some information out first—especially for those families who have not participated before.

Practices are held at Frick Park on Tuesdays and Thursdays. The first practice will be held on Tuesday, July 30. Prior to the start of school, practices will be held next to the parking lot in Lower Frick Park (accessed by the steep asphalt road leading down from the intersection by 1100 Lancaster Road in Regent Square). The practices in Lower Frick will only be for one hour, running from 6:30 to 7:30. After the start of school, practices will move to the area next to the bowling lawns in Frick Park, across from the Frick Museum on Reynolds Street in Point Breeze. These practices will run from 6:00 to 7:30. All runners should bring a filled water bottle.

All children are welcome to participate, but we do ask that they are willing to run. We also welcome parental involvement—it is always helpful to have parents on the trails, running and serving as sweep. If your child is unsure about running, they can try it out at some practices before they commit. We try to make cross country fun, and it is usually a pretty social event for the kids.

All children must have a sports release form signed by a physician. (This will be sent out soon as well.) We compete in the East End Cross Country League, consisting of 13 teams. Meets are generally held on Sundays, starting around 1:00. An exception is the meet that we host, which will be on the morning of Saturday Sept 28th at Boyce. This will allow folks to participate in the Great Race on Sunday Sept 29. The Catholic Championships are held on a Saturday morning 45 minutes north of the city (not sure of the date at this point). This is the schedule as of now:

Sept 8	Sacred Heart/St. Bede	Frick Park
Sept 15	Shadyside Academy/St. Edmunds	Frick Park
Sept 22	Winchester Thurston	Frick Park
Sept 28	Carlow	Boyce Park
Oct 6	St. Therese (East End Championships)	Schenley Park
Oct 13	Rain Date in the event any of the above are canceled	
Oct 19???	Possible date for Catholic Championships	

Children will receive a Carlow cross country t-shirt with their registration fee. This year we are hoping to offer cross country sweatshirts for a fee—available to children and adults. 8th graders receive a cross country jacket at the end of the year, as long as their participation has been good in both practices and races. We will also have an end of season party, which is usually held at a bowling alley.

We are looking forward to another fun season. Please contact us if you have any questions.

Head Coaches Kathy Osth (kathy.osth@gmail.com) and Jeff Salipante (jeffrey_salipante@yahoo.com)