



St. Michael Academy

CROSS COUNTRY



The SMA High School Boys XC Team Finished 5th in the State (D-4), Nov '19

Welcome to St. Michael Academy Cross Country!

Hello Runners, Future Runners, Parents & Friends! As we enter our 3rd competitive Cross Country (XC) season at SMA, we're looking to build on our tremendous early success by...

- ➔ Expanding our **Junior High XC Club**;
- ➔ Establishing a competitive **Varsity High School Girls XC team**;
- ➔ Reaching still-greater heights with our **Varsity High School Boys XC team!**

If you're a 7th through 12th grade student at SMA, Harbor Light Christian (9-12), St. Mary of Charlevoix (7-8) or from an eligible home school program (7-12), we invite you to join us for the upcoming season!

<i>What is Cross Country?</i>	<i>Essentially it's "distance running," one of the best things you can do for fitness & health, now and for life! We include strength & flexibility in our training, benefitting you in other sports! HS races are usually 5-km (3.1 miles). JHS race lengths vary, but are usually 1.5 to 2.0 miles.</i>
<i>Where & When will it be?</i>	<i>We typically run at nearby parks & trails. We practice after school (3:45p) on weekdays, and also on Saturday mornings. The HS teams will meet 6 days/week. The JHS Club will meet less frequently - maybe 3 days/week, though perhaps more often for those who are ready for it!</i>
<i>How long is the season?</i>	<i>For HS Varsity... August 12 through November 7 (State Finals) For JHS Club... August 24 through mid-late October</i>
<i>Is it competitive or fun?</i>	<i>It's both! We believe that the pursuit of excellence through competition cultivates virtue in a way that more casual pursuits do not. The JHS Club is at an introductory level by its nature.</i>
<i>How much does it cost?</i>	<i>There is NO COST for SMA, HLC & St. Mary students! We ask for a \$50 fee from all other participants, but no one will be excluded for financial reasons!</i>