

# Welcome to the world of Cross Country!!!

Cross Country is about more than just running. It is about learning something about yourself. Distance running builds character. Cross Country helps students get healthy, build endurance, and great friendships.

The goals for students are as follows:

- 1.) Be part of a great team
- 2.) Work to improve your overall fitness level and time
- 3.) Learn more about fitness and safety when working out
- 4.) Have fun!

Running is a sport that takes time and dedication to improve at. One does not start out running a marathon. It is important to get in what are called "base miles". If you have not started yet- run! Begin with a warm up jog, stretch well to prevent injury, run your workout, focus on trying not to walk. Slowing down when needed is O.K. in the beginning. After your run, jog a cool down and stretch!!! This stretching at the end is what helps with pain and stiffness. Work to increase distance and/ or time with each workout. There are many great apps you can get to help you such as Couch to 5K.

[Please make sure students are running at other times besides our practices!](#)

## Cross Country Official Schedule for Sept. & Oct.

Date	Time/ Event	Location
Sept. 5	3:15-4:30 (Volleyball Players excused)	St. Michael's
Sept. 7	TBA- Meet	Lutheran Northwest Grade School Thelma G. Spencer Park in Rochester Hills- (No Joey, Hunter, or Tyler)
Sept. 9	6-7:30	Frankenmuth Memorial Park
Sept. 11	3:15-4:30 (Volleyball players excused)	St. Michael's
Sept. 12	3:15-4:30 (Soccer players excused)	St. Michael's
Sept. 15	TBA- Meet	Reese Invitational at Reese- (No Joey C. and No Noah)
Sept. 16	6-7:30	Frankenmuth Memorial Park

Sept 19	3:15-4:30 (Volleyball players excused)	St. Michael's
Sept. 20	TBA- Meet	Frankenmuth Invitational at Memorial Park- (Soccer and Volleyball Players excused)
Sept. 22	TBA- Meet	Delta: Al Kayner Invitational at Delta
Sept. 23	6-7:30	Reese Park (Meet in High School Parking Lot)
Sept. 24	3:15-4:30 (No 6th Graders)	St. Michael's
Sept. 25	TBA-Meet	Maybelle Wildcat Cross Country Relay MAYVILLE HIGH SCHOOL- (No 6th Graders)
Sept. 30	6-7:30	Frankenmuth Memorial Park
Oct. 1	3:15-4:30 (Soccer players excused)	St. Michael's
Oct. 4	3:15-4:30	St. Michael's
Oct. 6	TBA- Meet	Lutheran State Meet at Oakland University
Oct. 8	TBA-Meet	Red October Middle School Run Mayville High School Cross Country Course - (Soccer and A Volleyball Players excused except Wheatley)
Oct. 10	3:15-4:30 (A Volleyball players excused)	St. Michael's
Oct. 13	TBA- Meet	Dave Patterson Challenge Mayville High School-(Soccer and A Volleyball Players excused including Wheatley)

Oct. 15	3:15-4:30 (Optional)	St. Michael's
Oct. 17	3:15-4:30 (Optional)	St. Michael's
Oct. 20	TBA-Meet	Nationals: At Concordia University Wisconsin- (School and Parents Discretion- Must qualify at the state meet)
Oct. 26	3:15-4:30- Team Party	St. Michael's

**Red- Practices not held at St. Michael's**

**Purple- Meets**

**Black- Practices at St. Michael's**



**Please Let Mrs. Hoepfner know A.S.A.P. if you cannot attend a meet so we don't pay for you to run. Those students I already know cannot attend a meet I have noted on the Schedule.**

**Soccer Players are: Hunter, Luke, Noah, Tyler, and Wheatley**

**Volleyball Players are: Lydia Campbell and Marin Hoepfner**