

**2009 – 2010**  
**SAINT URSULA ACADEMY**  
**CROSS COUNTRY PROGRAM**

*State Champions 2006*  
*State Finalists in 2002, 2003, 2004, 2005, 2006 and 2008*

**HOME PRACTICE FACILITY**      Ault Park, Clear Creek Park, Lunken Airport and Saint Ursula Academy.

**TEAMS** – All athletes will receive the same level of instruction and generally practice together. Multiple training groups will be formed within the team to meet the needs of each individual. Athletes will be divided between Varsity and Junior Varsity races during meets.

**SUMMER CAMPS** – All Camp Information will be finalized by April 1, 2009. Please check website for details.

**CONDITIONING** – Preseason conditioning will begin Monday, June 8, 2009. Monday and Wednesday from 8:00am to 9:30-am at SUA. On Thursday evenings at 6:30pm there will be a coordinated run on the “Eastside” and another on the “Westside”.

**TRY-OUTS** – The Cross Country team traditionally does not make cuts but does have minimum standards that must be met to compete in meets. If athletes dedicate themselves to preseason conditioning and the training schedules provided, they should be able to make the minimum standard times.

**STUDENT PARTICIPATION FORMS** - Required by July 1, 2009. ***NO FORM IN HAND: NO PARTICIPATION.***

**ATTENDANCE** – Conditioning is strictly voluntary but encouraged as the base for our season is laid during the summer months. 100% attendance is expected once practice begins.

**ATHLETIC TRAINER** – Cincinnati Sports Medicine supplies a trainer during the fall season five days a week after school for three hours.

**PRACTICE** – will begin on Monday, August 10, 2009. Complete August practice schedule will be available in early June, 2009.

**PARENT/STUDENT-ATHLETE MEETING** will be held Tuesday, August 18, 2009 at 6:00 PM in the SUA Gymnasium / Convocation Center. It is mandatory that at least one parent and the student athlete attend this meeting. If a parent cannot attend, please contact the athletic director at least 72 hours in advance. **ALL ATHLETIC FEES AND PARTICIPATION FORMS ARE DUE AT THE PARENT/STUDENT-ATHLETE MEETING.**

**MEET SCHEDULE** for the season will be distributed at the Parent/Student-Athlete meeting. Changes will be updated on the SUA web site.

**FOR ADDITIONAL INFORMATION** you may contact Mike Sipes in the athletic department office at 961-3410, ext. 129.