

2011 – 2012
SAINT URSULA ACADEMY
CROSS COUNTRY PROGRAM

State Champions 2006
State Finalists in 2002, 2003, 2004, 2005, 2006, 2008, 2009 and 2010

HOME PRACTICE FACILITY Ault Park, Withrow Playfields, 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 – Bob Roncker's Running Spot 2011 High School Cross Country Camp sponsored by Nike. Camp dates are Tuesday, Wednesday and Thursday, June 28, 29 and 30, 2011 from 9:00am to 2:00pm. For additional information contact Randy Cox at coachcox@fuse.net or call at (513) 240-7015.

CONDITIONING – Preseason conditioning will begin Monday, June 20, 2011. Training sessions will be held on Monday through Thursday from 6:30 to 8:00pm at SUA.

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, 2011. ***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 1, 2011. Complete August practice schedule will be available in early June, 2011.

PARENT/STUDENT-ATHLETE MEETING will be held Tuesday, August 15, 2011 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 website.

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