



CYO St. John/Al Cross Country Information, Fall 2022

Volunteers

Calling all volunteers! A robust Cross-Country program depends on parent involvement; the St. John/Al XC program is looking for volunteers. No running experience is necessary!

Two information sessions are available for parents interested in volunteering:

- In-Person: Sunday, August 28, 5pm at [Flying Bike Cooperative Brewery](#)
- Virtual: Tuesday, August 30, 7pm. A Zoom link will be emailed as the session date approaches.
- If you cannot attend either, contact James Bozsa, 281.753.1708, bozsa.family@gmail.com

Meets require a minimum of 6 volunteers. Because the St. John/Al team is a large team, it would be great to have 10 volunteers.

To Sign Up as a Volunteer:

- At one of the information sessions (see above)
- Via [Teamsideline](#)
- Contact James Bozsa, 281.753.1708, bozsa.family@gmail.com
- Look for a Sign-Up Genius, which will be sent later

Volunteering at St. John School: All adults volunteering at St. John School must go through [Safe Environment Training](#) (if you have not done so). The first training is a two-three hour training followed by periodic online training.

Practices

All practices run from 5:30- 6:45pm and will be held at Woodland Park. Details for practice location can be found here: <https://3chznd484ibp1ptlco3x0zfm-wpengine.netdna-ssl.com/wp-content/uploads/2022/05/St.-John-XC-Info-May-2022.pdf>

- Friday, 9/2: all grades
- Monday, 9/5: PreK-3 – no practice
- Tuesday, 9/6: Grades 4-8 practice
- Friday, 9/9: all grades

Regular Season Practice Schedule Start the Week of 9/12

- Mondays: PreK-3
- Tuesdays: Grades 4-8
- Fridays: all grades

Final Practice of the Regular Season: Friday, October 7

Pumpkin Run: Friday, October 14

Meets

There will be 4 meets this season. You must participate in one of the first two meets to qualify for the Championship Meet.

- Sunday, 9/18: Meet 1 for all grades
- Sunday, 9/25: Meet 2 for all grades
- Sunday, 10/2: Championship meet for grades K-3
- Sunday, 10/9: Championship meet for grades 4-8

Grades 4-8 Pre-Season Training Plan

- Week of 8/8: Twice this week, go for an easy jog around a park or another safe area selected by the parent. Goal is to jog SLOWLY for 10 minutes continuously. No sprinting.
- Week of 8/15: Same as above but extend the easy jog to 15 minutes.
- Week of 8/22: Extend jog to 20 minutes.

Summary of Key Dates:

- Saturday, 8/27: Optional grades 4-8 Pre-Season Fun Run at Woodland Park dirt track. We'll warm-up, then go for an easy jog around the park.
- Sunday, 8/28: In-person volunteer meetup/planning session at Flying Bike Cooperative Brewery, 5pm
- Tuesday, 8/30: Virtual volunteer planning session via Zoom. Volunteers, please attend one of the two sessions.
- Friday, 9/2: First practice – all grades
- Friday, 9/2: **Registration deadline**
- Monday, 9/5: Labor Day – no practice
- Sunday, 9/18: Meet 1 – all grades
- Sunday, 9/25: Meet 2 – all grades
- Sunday, 10/2: Championship Meet – grades K-3
- Sunday, 10/9: Championship Meet – grades 4-8

Coaches

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