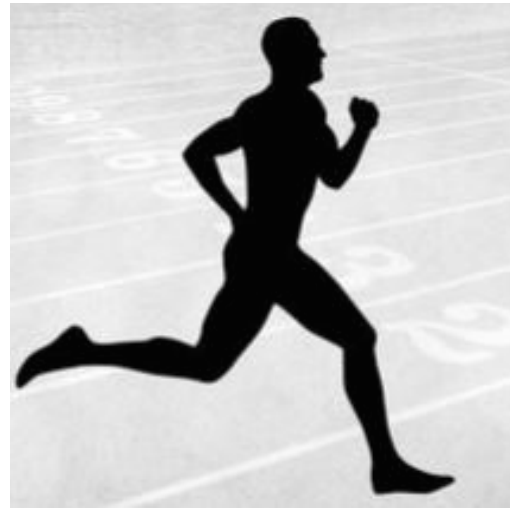


Queen of Peace

Cross Country

2023 Youth Program



\$100 per child. Open to Queen of Peace Elementary School Girls and Boys in Grades K-8; as well as CCD Students. Includes all practices, uniform shirt, and registration for meets. Planning to attend 6-7 cross country meets starting near the end of September through early November. Practice will start Thursday September 14th, 2023.

Meets will only include running events. Running events will range from 400 meters to 1 mile; distances are based on age/grade levels. Practices will be Tuesdays and Thursdays in the evening from 5:30-6:30pm.

In-Person registration will take place on Tuesday, September 12, 2023 at the LaSalle center from 6:00-7:00pm.

Your children will learn all about the sport of Cross Country including dynamic stretching, form drills, maintaining speed, building endurance, and strength & conditioning.

Parent volunteers/coaches are welcome.