



Welcome to MQHR Cross Country

We look forward to the third season of Mary Queen XC!

Practice: Monday, Tuesday, Wednesday, Thursday from 5:30-6:30 at Southland Park beginning Monday August 20th. We have an easy to follow loop that is 1.0 km. There is shade for warm ups and water breaks. Please bring a water bottle and wear shorts and good running shoes. Shoes need not be expensive, just supportive. We will start with warm-ups and then run the long distance for each grade (3K for elementary, 3rd-5th grade and 4K for middle school. We will work on hill drills and / or speed work before dismissal. Coaches will meet with parents and runners on May 21 at 5:30 pm in front of the Southland Aquatic Center to share a summer conditioning program to help the kids be prepared for the fall season.

Parent Volunteers: We really appreciate any parent who can stay at practice to help watch runners throughout the course. Parents are welcome to run or walk on the course while the team practices. We would also welcome parents who volunteer to take pictures.

Meets: Coaches will bring a canopy for shade to each meet. We also have a large navy sign with MQHR insignia so that families can easily locate the tent at meets. Parent volunteers may help pin race bibs and organize kids before their race times. Any help on race day is greatly appreciated!

Uniforms and cost: Cost is \$125 / child that covers a running uniform, practice T-shirt and a hooded sweatshirt with MQHR logo. This also includes entry fees for 8 races for all the kids as well as snacks and supplies that are used throughout the year for both meets and practices.

Please feel free to contact:

Melissa Sloan at melissaesloan@gmail.com or (859)-351-2439

Caroline Kern at randallkern@att.net or (859)588-3213