

# SAINT JOAN OF ARC and OTHER LAKE COUNTRY AREA Parish Schools Cross Country 2017

*Mission: Promote Healthy Active Lifestyles and Christian Values with  
Middle School Aged Youth through Participation in the Sport of Track and Field*

## WHO?

- 5-8<sup>th</sup> Grade Students of St Joan of Arc Parish School, Christian Formation Students at St Joan of Arc/St Catherine or Students/CF Students from other interested lake country area Parish Schools including St Anthony on the Lake, St Charles and St Bruno's

## WHEN?

- First Official Practice at 6PM Monday August 28, 2017 at SJOA
  - Pre-Season trail runs Monday and Wednesday the week of August 14<sup>th</sup> and 21<sup>st</sup> at Nashotah Park from 6-7PM
- Official Start of Season the Week of August 28th, 2017 and Ends Mid October, 2017
- Practices Mon and Wed, 6:00-7:15PM
- Up to 8 Races in Sept & Oct, Races are Typically Friday Early Evening or Saturday Morning

## WHERE?

- Practices Held at St Joan of Arc and Other Local Parks (Nashotah, Naga-Waukee, Lapham)
- Race Options in Hartland, Greenfield, Milwaukee, Sussex, Waukesha, Janesville

## WHY?

- Participation, Running Form Improvement and Skills Development
- 4XF – Fun X Fitness X Faith X Friends
- Healthy Active Lifestyle - Positive Encouragement - Achievement

## HOW?

- **If Interested Call, Text or E-Mail Patrick Straka (see contact below)**
- Forms Prior to Start of Season (see Parish School office)
  - Each Parish Has its own Unique Set of Forms for Parents to Turn into its Parish School
  - NOTE: Physical Examination Form Must Be Provided Prior to Participation (Physicals are Required Every 2 Years and Form Must be Signed by Doctor)

## COST?

- \$20 Team T-Shirt (Green Team Shirt, you keep, can use prior year or siblings shirt)
- \$20 per Child for Total Race Entry Fees for the Season

## PREREQUISITES?

- A Smile and a Willingness to Learn, Work and Play

*We are looking forward to a fantastic season!!!*

*(Patrick Straka: call or text 262-825-7799 or email [geps.straka@juno.com](mailto:geps.straka@juno.com))*