



Saint Paul
Lutheran High School

Why should I join the 2006 Saints Cross Country Team?

There are many reasons why you might want to be a part of Saints Cross Country. You might be good at running. You might want to get into better physical shape or stay in shape for another sport. You might enjoy just being part of a team and helping out. Cross country is both a team and an individual sport. We need at least 5 runners in any race to be entered as a team. Sometimes we run with less than 5 and you can medal as an individual. Some races we have more than 7 in one race.

If you have questions about cross country, please call me at 660-463-2238 ext. 227. There is no other feeling in the world like starting a 3.2 mile (5k) race with 100 other runners who all want to beat you to the finish line. In most races the top 25 medal, but even if you're not one of the top 25, you can help your team by doing your best.

Our 2004 team had four individuals that had the opportunity to go to the state championships and our girls team only missed out by three points. Our 2003 girls cross country team took second place at the state championship race in Jefferson City and are happily displayed in a photograph on our gym wall. If you look close at this picture you can see how we bond as a team. We find time, each time we are together to talk about God and how we are using the talents and abilities he has given each of us.

The Saints Cross Country Team (male and female) practice each school day starting about 4:00 in the afternoon. We don't run 3-5 miles every day, but try to increase our workouts until we feel we are ready as individuals and as a team. Last year we took time to "practice" at the swimming pool and played soccer and other games during several of our workouts. Most practices don't last much over an hour and still give you plenty of time to enjoy being a student at SPLHS.

If you are interested in being part of the 2006 Saint Cross Country Teams, please fill out the form and return it to the school. If you have questions, please call me at the telephone number above.

Monte Pitsch
Athletic Director



Name _____

Address _____

Age _____ Grade _____ Birthdate _____

_____ Yes, I want to be a part of the 2006 SAINTS CROSS
COUNTRY TEAM.

_____ Yes, I want to be a part of the 2007 Saint Track and Field
Team.

Questions/Comments you want me to address?