

CROSS COUNTRY TEAM

2019-20 EXTRACURRICULAR INFO SHEET



THE GIFTED CHOICE™

TITLE: Cross Country Team

ELIGIBILITY: 5th - 8th grade. Runners are divided into boys and girls JV (5th-6th grade) and Varsity (7th-8th grade) teams.

DESCRIPTION: SAA's middle school cross country teams are for students of any running experience level. Home and away meets are scheduled against other local schools.

COACHES:

Thalia Tarsinos (SAA faculty) - ttarsinos@scienceandartsacademy.org

Carolyn Manley (SAA administrator) - cmanley@scienceandartsacademy.org

MEETING DETAILS:

- Day - Practices are Monday and Wednesday. Competitive meets are scheduled on select Tuesdays and Thursdays.
- Time - Practices run from 3:30-4:30pm. Meets typically start around 4pm.
- Frequency - Practices are held most Mondays and Wednesdays, from late August to mid-October. There are 7 competitive meets throughout the season.
- See school calendar for practice and meet dates - www.scienceandartsacademy.org/calendar

REGISTRATION:

- Online registration required - scienceandartsacademy.campbrainregistration.com
- Fee - \$100 (includes uniform)