

TQS Tornadoes Cross Country Info



What's it all about? Cross country is the sport of running races of distance. The races range between 1 mile to 2 miles long. One of the nice things about this sport is that the running is usually done on trails which go through woods and fields and next to brooks. It can be very beautiful. Running cross country takes strength, endurance, and determination. It is a sport which challenges you every time. It teaches you a lot about yourself and helps you to grow both physically and mentally. The team will be coached by Lisa Nolan and Dana Ballentine. We will be running on our home course (1.4 miles) and at other schools, which have courses of varying lengths. We will also be ordering new TQS running shirts, which will cost \$20.00. We will order as soon as we know who is on the team.

How much time is involved? We will be practicing on Tuesday and Thursday afternoons from 3:30 to 4:45. Schedule will be distributed to parents and students. We will have approximately 5 practices and 5 meets (some home, some away). Meets start around 3:30 and pick-up time is between 4:45 and 5:45 pm, depending on whether the meet is home or away. We will also have our annual team celebration in November to end the season.

Why should you join? Cross country is an excellent opportunity to have fun, get fit, and really challenge yourself. It is also a good way to make new friends and get involved in the school community. Ask someone from last year to tell you all about it. It can be a lot of fun.

What do I need to do to join?

1. Take this paper home and discuss it with your parents.
2. Fill out the attached permission slip and return it to your teacher with payment ASAP.
3. Come to the first practice on **Tuesday, September 24th**. We will meet in the Atrium at 3:30.

Be sure to bring your running clothes and sneakers.

After-School Sports (215) 350-6988

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