

Dear Knights and Cubs,

I'm writing to you today about the upcoming cross country season. As some of you may already know, cross country is the sport of running over natural terrain. As experienced runners can tell you, racing is exhilarating, and you'll feel an incredible sense of accomplishment each time you cross the finish line. Cross country is also one of the most popular fall sports in California; big meets can attract literally thousands of kids from schools across the state.

Here are the highlights of our program:

- Cross country is a co-ed sport at Convent & Stuart Hall, so the boys and girls practice and compete with each other every day.
- We have a big team – usually more than 60 athletes. It's a great way to meet new people.
- No experience is required, and all athletes are welcome.
- We travel to some great meets, including a large invitational in Los Angeles (traditionally with a stop at Magic Mountain on our way home).
- We've been represented at the state championship in fourteen of the past fifteen complete seasons. The Cubs and Knights both raced at the state championship in 2022. Both teams have placed in the top ten in the state multiple times.
- We have a great coaching staff with four long-standing members and several volunteers, so you'll get lots of personal attention.

Here's what to expect:

- We practice or compete five to six days per week, like other high school sports.
- Our practices run for about two hours.
- In high school, races range from two to three miles or so in distance. That may sound like a long way, but we'll get you more than ready.
- We practice mostly at the Marina Green and in Golden Gate Park or the Presidio.
- You'll need just one piece of basic equipment – running shoes.
- **You can get started right away with our summer program**, which begins on Monday, June 12. Check out the flier included with this letter. We'll be running, lifting weights, and playing ultimate frisbee. The summer program ends with a full week of workouts beginning on Monday, July 24.

Our team works hard, but we also have fun. We explore interesting places in the city, and we enjoy each other's company. Moreover, we guarantee that you will be in the best shape of your life at the end of the season. If you're curious what cross country at Convent & Stuart Hall looks like, check out this [video](#) of the 2022 season.

If you're interested, contact me at 415-235-0120 or [michael.buckley@sacredsfs.org](mailto:michael.buckley@sacredsfs.org). I look forward to welcoming many of you to our team!

Sincerely,



Mike Buckley  
Convent & Stuart Hall Cross Country

# CONVENT & STUART HALL CROSS COUNTRY

Summer Program 2023



Many of you have busy summers. However, when you are in town, come to summer practices. The commitment is three days each week for an hour or so. Also, please plan to be in town and available during the week of Monday, July 24, in which we'll hold practice each weekday.

## Coaches' contact information

Coach Buckley	Coach Wong
(415) 235-0120	(415) 290-2927
michael.buckley@sacredsfs.org	wongkevins@gmail.com

## Instateam

Like the other teams at Convent & Stuart Hall, we use the online platform known as InstaTeam as a support for scheduling and logistics. You can download InstaTeam to your smartphone through your app store, or you can access it online through a web browser at [www.instateam.net](http://www.instateam.net). When you've created an account, choose the tab labeled "+ Join Team" and enter the team code "DEP7S9" and the location "Convent & Stuart Hall." You'll have access to the dates of all practices and meets as well as a secure means of reaching out to teammates, parents, and coaches.

## Basic information for summer workouts

### *Location*

Summer program practices meet at [Stuart Hall](#) or at [8th Ave and John F. Kennedy Dr](#), just inside Golden Gate Park. We have the occasional workout scheduled for [Kezar Stadium](#). **Workouts begin promptly at 8:00 AM!**

### *Typical workouts*

- Ultimate Frisbee
- Weight training or circuits
- Steady running

## Dates and times

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
June 12 Stuart Hall 8:00 AM	June 13	June 14 Stuart Hall 8:00 AM	June 15	June 16 8th and JFK (Golden Gate Park) 8:00 AM	4 total runs, 3 in practice, 1 on your own
June 19 Stuart Hall 8:00 AM	June 20	June 21 Stuart Hall 8:00 AM	June 22	June 23 8th and JFK (Golden Gate Park) 8:00 AM	4 total runs, 3 in practice, 1 on your own
June 26 Stuart Hall 8:00 AM	June 27	June 28 Stuart Hall 8:00 AM	June 29	June 30 8th and JFK (Golden Gate Park) 8:00 AM	5 total runs, 3 in practice, 2 on your own
July 3 Stuart Hall 8:00 AM	July 4	July 5 Stuart Hall 8:00 AM	July 6	July 7 8th and JFK (Golden Gate Park) 8:00 AM	5 total runs, 3 in practice, 2 on your own
July 10 Stuart Hall 8:00 AM	July 11	July 12 Stuart Hall 8:00 AM	July 13	July 14 8th and JFK (Golden Gate Park) 8:00 AM	5 total runs, 3 in practice, 2 on your own
July 17 Stuart Hall 8:00 AM	July 18	July 19 Stuart Hall 8:00 AM	July 20	July 21 8th and JFK (Golden Gate Park) 8:00 AM	6 total runs, 3 in practice, 3 on your own
July 24 Stuart Hall 8:00 AM	July 25 Kezar Stadium 8:00 AM	July 26 Stuart Hall 8:00 AM	July 27 8th and JFK (Golden Gate Park) 8:00 AM	July 28 8th and JFK (Golden Gate Park) 8:00 AM	6 total runs, 5 in practice, 1 on your own
July 31 Stuart Hall 8:00 AM	Aug. 1	Aug. 2 Stuart Hall 8:00 AM	Aug. 3	Aug. 4 8th and JFK (Golden Gate Park) 8:00 AM	6 total runs, 3 in practice, 6 on your own
Aug. 7-12 First week of regular-season practice					6 total runs, all in practice