

Dear Incoming 7th Grade Students,

We have an exciting Cross-country program at the Immaculate Conception School that you will be eligible to join this upcoming school year. The program is open to all 7th and 8th grade boys and girls. Last year, we had over 30 runners participate and by all accounts everyone had a terrific experience. All of the runners displayed great spirit and determination, and it was exciting to see the improvement in all of our runners as the season progressed. The aspect of Cross-Country that I enjoyed most was how all of our runners would cheer for each other as they crossed the finish line, no matter whether they were first or last.

The season begins in September and concludes in the latter part of October. We have fantastic coaches, led by Head Coach Dale Eckert. We practice at Maudslay State Park in Newburyport after school approximately 3 days per week. The practices are over by 4:00, so there is still plenty of time left over for homework and other activities. We had 5 meets last year, with the majority of the meets at Maudslay. Last year, we had our first end of season banquet as well! There is a participation fee, but we try to keep it as low as possible. We will be sending out the registration forms at the beginning of next school year, but wanted to send this notice out early to help you plan ahead. If you would like more information, please contact Coach Eckert at dalesx2@comcast.net.

We also wanted to inform you of a fun Summer Race Series that will help prepare you for the upcoming season. These races will be run by Don Hennigar, the Newburyport High Cross-Country coach. This series will run every Thursday night from June 24th . August 19th, starting at 6:00 PM at Maudslay State Park in Newburyport. The runners will have their choice of running a 1.5 or 3.0 mile race. Ribbons will be awarded for all runners under 14. There is no cost for the races, but donations will be accepted to defray the cost of the permit fees and ribbons. If you would like more information on these races, please contact Don Hennigar at dhennigar2@hotmail.com.

Please understand that these races are not mandatory and are not Immaculate Conception School sponsored events. We are not involved in the organization or operation of these races. However, we do feel these races are a terrific opportunity for our runners to get in shape for the upcoming season and to have some fun!

If you have any other questions, please feel free to contact me at the4doyles@comcast.net. Thank you very much.

Mike Doyle
Athletic Director
Immaculate Conception School