

# 2019 Cross Country Parent Packet

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## Practice Times Until the week of Wednesday October 16th!

	K-2nd (always @ St. Edward)	3rd-8th
Monday	3:15-3:45	3:45-4:45
Wednesday	3:15-3:45	4:00-5:00 @ Coyote Hills or Newark Lake (Keep in mind later in the season we may be staying later due to increased mileage)

### Things to note:

1. Wednesday, September 25 is a 12:30 day. There will be no practice (I will be in a meeting).
2. October 14 is Columbus Day, No School for St. Edward, and No Cross Country Practice.

## 2019 Meets!

September 20 First Meet Crown Beach, Alameda  
Thursday, September 26 Joaquin Miller Park  
October 4 Third Meets Relay: Garin Park, Hayward  
October 11 Fourth Meets Joaquin Miller Park, Oakland

October 18 Diocesan Cross Country Championship Meet Crown Beach, Alameda

All meets will begin at 5:30 p.m. sharp, with the Coaches Meeting at 5:00 p.m. The Diocesan Meet will begin at 5:00 p.m., with the Coaches Meeting at 4:30 p.m.

## Shutterfly

I will create a Shutterfly account from the official registered list that I receive from the CYO website. There you will find resources for pictures, a calendar, any messages I post, and a

## **Parent Responsibilities**

**Parents, please collaborate with other parents in our CYO Sport. CYO coaches are all volunteers, and the beauty of it is that it creates community. I will add a parent contact list for you to add your name, email, and phone for all to see.**

- 1. Rides:**
  - a. We don't have buses for CYO sports and parents get together to figure out the ride situation for practices (if off-site) or at meets. Whether you just take your child or carpool is your discretion.**
- 2. Snacks!**
  - a. There are 5 meets, so please bring snacks for the group! Every family should bring one or two items (Costco is a great place to go!) Examples:**
    - i. Water bottles**
    - ii. Capri-Suns**
    - iii. oranges , apples, bananas, grapes**
    - iv. Granola bars**
    - v. Sandwiches**
    - vi. Fruit-Roll Ups**
    - vii. Chips**
- 3. I want to get trophies or medals for the end of the year pizza party and need a parent to volunteer to be responsible to research and collect money for the cost per.**
- 4. I also want to reserve Porky's Pizza in San Leandro, so if a parent can take care of that also I will be very grateful.**

# Map to Coyote Hills Parking from St. Edward

The screenshot displays a Google Maps interface with a route from St. Edward's Catholic Church to 6935 Paseo Padre Parkway. The sidebar on the left provides the following route options:

Route	Time	Distance
via Cedar Blvd Best route	10 min	3.0 miles
via I-880 N	9 min	4.4 miles
via Newark Blvd	10 min	3.1 miles

The map shows the starting point at St. Edward's Catholic Church and the destination at 6935 Paseo Padre Parkway. Key landmarks include Coyote Hills Regional Park and Ardenwood Historic Farm. The map also displays various streets and highways in the area, including Fremont Blvd, Paseo Padre Pkwy, and Newark Blvd.