



## Catholic United Cross Country - Fall 2021 Registration Information/Program Details

**Mission Statement:** The GRACEAC cross country program exists to provide a safe and competitive program for 5th - 8th grade student athletes that are eligible to participate in GRACEAC programs. This is an athletic opportunity to participate on a team and work with peers toward a common goal within the context of our Catholic school tradition. The cross country program exists to support and build enthusiasm for cross country.

5th - 8th grade cross country is a GRACEAC Catholic United (CU) program, meaning it is comprised of Catholic school athletes participating in an outside (secular) league. Catholic United XC participates in several meets throughout the season, including meets at Sparta, GRPS, Portage, GR Christian, Otsego, etc.

- 1) Sport Coordinator: John Lee - [jwlvamaria@gmail.com](mailto:jwlvamaria@gmail.com)
- 2) Head Coach: John Lee
- 3) Team Formation: one team of 5th - 8th grade, co-ed but races are boys v boys and girls v girls
- 4) Practice schedule (typically): Tuesdays 6:00 - 7:15 pm at West Catholic High School track; Thursdays 6:00 - 7:15 pm at Richmond Park
- 5) Meet schedule (typically): Every Saturday, with one or two weekdays
- 6) Key Dates (subject to change): First practice - August 10, First meet - September 7, Last meet - October 23
- 7) All students participating MUST register through GRACEAC TeamSnap. Teamsnap will include your teams compiled rosters, practice and game schedule, volunteer availability, group chat, and team communication. Registration can be completed at the following link:  
<https://go.teamsnap.com/forms/267755>
- 8) All participants must have an updated physical, participation consent, and concussion acknowledgement form on file at school.
- 9) Coaching staff: Selected by the GRACEAC Commissioner with input from the XC coordinator. Coaches are vetted through the Diocese of Grand Rapids and have an acceptable level of coaching knowledge and related experience. Coaches must also be certified by MDHHS for concussion safety. Player safety is always the coaches first priority.
- 10) GRACEAC will issue a uniform top to each player, which must be returned at the end of the season. Players are responsible for providing their own shorts (any color), water bottle, and running shoes.
- 11) The GRACEAC cross country program is funded through the member schools on a per player basis and, in some cases, by sponsorships, at no cost for registration to families. Each school supports their student athletes through booster clubs, fundraisers, etc. Support your school's athletic fundraising organization.
- 12) If you are interested in helping coach, please complete an application at the following link:  
<https://go.teamsnap.com/divisions/506292/registration/250008>