



Sacred Heart Families:

This time of year means more than just the start of a new school year. It means the start of a new Cross Country season is right around the corner, too.

I'm Renee O'Farrell, and this will be my fifth year coaching the team. For those of you new to the program, here's some information about me. It's a new school year for me, too, as I'm a math teacher at Ledyard High School. This will be my 26th year teaching. After dealing with high schoolers all day, I look forward to finishing my afternoons with younger students – no doubt their sense of enthusiasm and spirit will make a positive end to my day!

The cross country team is open to all academically eligible boys and girls in grades 4 through 8. Practice will begin the first full week of school, and our meets will run through the first weekend in November for those participating in the Cross Country Middle School Championship at Wickham Park (grades 5-8 only). Commitment to the team will include two or three days per week (depending on scheduling). These days will be any combination of practice and/or meets with other schools such as St. Pat's, St Bernard, Sacred Heart in Groton, etc.

Due to my schedule, practices will begin at 3:30 p.m. and run for one hour. Meets will typically begin at 4 p.m. Practices will be held at Sacred Heart School. We use the Taftville little league field and the grounds of the church and school. Most practices this year will be held on Tuesday afternoons. The second and/or third day of the week will be determined as I fill in meets. Please see the calendar for details.

I want to invite you and your family to join in the Family Fun Runs held at Mohegan Park on the following Thursdays: 8-17 and 8-23. The Mohegan Striders running club has organized these runs for over 50 years! It's a fun way to get some exercise and meet new friends. You will need to register at the old concession stand area – plan to do so around 6 pm. A 1-mile run begins at 6:30 p.m. A ½ mile run begins at 6:45 p.m., and a 5-k goes off at 7 p.m. I hope you can join us. .

Stay tuned for more information. If I can answer any questions, please don't hesitate to contact me. This is a great opportunity for students to participate in a team activity, get some exercise and meet some new friends.

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