Here is your chance to join the winning tradition of

Lady Irish

Cross-Country

***All are welcome***

***A Great Way to Meet Your New Classmates***

Summer Conditioning Begins on Monday, June 8th.

There will be an informational meeting for any athletes and parents interested in cross-country later in the spring. Watch the Principal’s Newsletter, school web site, team Facebook Page (Cathedral Lady Irish Cross Country), or team Twitter (@CathedrallITFCC).

Monday through Thursday: 7:00 a.m. – 9:00 a.m., Cathedral High School. Meet in front of the Welch Activity Center (WAC).

Friday: 7:00 a.m. 9:00 a.m., Broad Ripple. Meet in the parking lot at Broad Ripple Park.

Saturday: 8:00 a.m. – 10:30 a.m., Ft. Harrison State Park. Meet at the old track ¼ mile east of the park entrance to car pool in. Contact Coach Doctor (317-289-1999, mdoctor@gocathedral.com) for directions and details.

Summer School Students: We will have a group that meets at 6:30 a.m., Monday – Thursday, for summer school students who would like to get a run in before class.

Team camp dates: Sunday, July 19th to Thursday, July 24th. This year we will be going to the YMCA of the Rockies, in Estes Park, CO. Because this is an out-of-state camp, we need anyone who is interested in going to contact Coach Doctor (317-289-1999, mdoctor@gocathedral.com) as soon as possible. We have a limited number of spots available, and have to cancel unneeded rooms and airline reservations by early June.

*Physical and Concussion forms must be completed and turned in to the Athletic Office before you can participate in summer conditioning or camp. These forms are available from the Athletic Department webpage.* (www.gocathedralathletics.com)
Updates and additional news about the team can be found on our team Facebook page (Cathedral Lady Irish Cross Country), our team Twitter (CathedralLITFCC), or the team webpage: http://gocathedralathletics.com/hq/2012-girls-cross-country-team-page/. The Facebook and Twitter are closed groups and you must be approved to join. Please e-mail Coach Doctor to let him know who you are before you try to join.

If you have any questions, please contact Coach Mark Doctor
E-mail: mdoctor@gocathedral.com
Cell: 317-289-1999

***Lady Irish Cross-Country is a “No Cut” Sport***