

2019 Elementary Cross Country

Seneca East CC - A Winning Tradition



Boys Team Records

League Championships
14
District Championships
9
Regional Championships
5
State Meet Appearances
9
State Runner-Ups
4
State Championships
1

Girls Team Records

League Championships
20
District Championships
14
Regional Championships
6
State Meet Appearances
15
State Runner-Ups
3
State Championships
1

SECC 2019 "50 Years - Legacy of Champions"

Welcome to the 2019-2020 school year! It is hard to believe the school year is already upon us. Although it is sad to see the sun and fun of summer go it is exciting to know that the cross country season will be in full swing! This year's HS & JH teams will total a number of over 50 runners in the program once again! Our cross country teams have represented Seneca East at the state meet for 21 of the past 25 seasons!

A big part of continuing to build on this success is to provide our elementary students with the opportunity to participate in our sport. This year we will be holding practices on Tuesdays and Thursdays at the school from 3:15 – 4:00 p.m. Athletes will be using the school track and the cross country trails around the school to train. Currently we have a couple of teachers and parents who will be helping coach. If anyone else would like to help we would gladly use your assistance. The first practice will be held Thursday, August 29th. Parents can pick up their children in front of the gym after practice.

There is a \$20.00 fee to participate in the program (or \$40 maximum per family). All runners will receive a team t-shirt. Checks or cash are acceptable (checks payable to Seneca East Cross Country). If you have further questions please contact coaches Doug Mason (419-217-3959) or Matt Schock (419-618-8974).

We are looking forward to having your son(s) and daughter(s) as part of our program!

Sincerely,
Coaches Doug Mason & Matt Schock

Please complete the form and return it and payment in an envelope labeled "Seneca East Cross Country: Attention Matt Schock" to your teacher or please bring it with you to the first practice Thursday, August 29th.

Child's Name: _____

Grade: _____ Circle T-Shirt Size: Youth Small Youth Medium Youth Large
Adult Small Adult Medium Adult Large

Parent(s) Name(s) _____

Phone Number(s) _____ (Home) _____ (Cell)