

Welcome to SJB Cross Country 2020. Coach McGrath and I are excited to get the season started. Our first practice is this Saturday 9/26 at the Park Ave Babylon Village location. We will meet next to the tennis courts on the west side of the road. Directions are posted on the bottom for our new team members.

Practice will start at 8am. Please be on time as we must check all athletes' temperatures and record who is there. We get things started with a parent and athlete meeting. We will do our best to answer any questions you have while we go over the season's rules. Both athletes and parents are required to wear masks at the meeting. After the meeting, the runners will be given the run portion of their workout. Practice will be over by 10am.

Our weekly schedule will be posted on our team website, coachwood.org – cross country site. The site is update regularly and will answer most questions as the season progresses.

Thank you
David Wood

Please e-mail me back so I know that you received this information

Park Ave Babylon:

Take Exit 40 on Sunrise Hwy and go South on Deer Park Ave. Go approximately 1 mile until you get to Park Ave

(Dairy Barn on the corner) and turn right. Go about 1/2 mile and you will see the tennis courts on your right, park there.

If you see the basketball courts or the Elementary School, you have just passed us