

Saints Cross Country Newsletter

November 22, 2024

CIF Central Section Cross Country Results

Yesterday, 15 Saints traveled to Woodward Park for the CIF Central Section Championship. Although our Saints were familiar with this course, the stakes were higher (Division 1). Fifteen weeks of hard work boiled to 17-25 minutes of mental and physical toughness. The girls had their full squad. However last-minute hiccups meant our boys were running with 6. Tight turns and hills made the experience interesting. Regardless of what the timer read our Saints wore those 4 letters with pride and gave it their all! They didn't quit!

24-25 Season

New to the team were two boys coaches and a total of 8 freshmen. Injuries meant we had to adjust our teams. Despite these obstacles, our Saints were determined to shine. Some Saints went from never competing in sports to stepping up to a varsity position. Our Saints won individual medals at the Oaji, Dos Pueblos, and Waller Park Invitationals. As well as both individual and team trophies (boys/girls) at the Hanford Invitational.



Thank You

Thank you to all our supporters. Thank you for looking after our Saints within your classroom and for supporting our fundraisers. Lastly, a huge thank you to my coaching colleagues, Coach Nordwall, and Coach Alex, for keeping the program alive and putting up with me.