



# Dowling Catholic Cross Country

## Champions. Unleashed.

**Interested?** Contact Coach Ives at  
515-971-7729 or  
tives@dowlingcahtolic.org

Our cross country team is looking for aspiring new runners to join our program. If you are currently in 6th-8th grade and have the ability and interest to run cross country we invite you to join us. Our high school program has won 8 state championships in total, including 6 of the last 9 in Iowa! Search <http://vimeo.com/406694648> to watch one runner's story.

Cross country season takes place from August-October with summer training beginning in June. We practice daily at Dowling Catholic High School. Average training distances for new runners range between 3-4 miles. Meets take place in parks, golf courses and school athletic grounds. Middle school meets are 2 miles in length with high school races at 5 kilometers (3.1 miles).

We need new talent to continue our strong tradition. Attributes of successful distance runners include those who are lean, fast and athletic. If you perform tasks well when no one is looking and don't easily give up, you may be a good fit for our program. Champion runners push through levels of discomfort for the reward of setting a new personal best or winning a race. Through it all our runners develop close bonds and lasting friendships. If you succeed in basketball, soccer, track & field or swimming you may already have the ability to perform well in cross country. Join us, and unleash yourself!