



## CROSS COUNTRY YEAR AT A GLANCE

Milton Hershey Cross Country competes in the Mid-Penn Conference Capital Division in PIAA District III, 2A (Boys) and 3A (Girls) Classification.

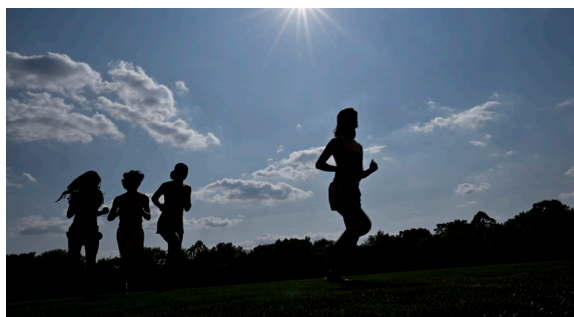
### Fall Season (August to November)

- Preseason practices begin
- Daily practices after school
- Meets are held on most Tuesdays
- Invitationals for all runners on select Saturdays
- Mid-Penn Conference, PIAA District III Championships, and PIAA State Championships for those who qualify

### Winter/Spring/Summer (November to July)

- Recommended participation in indoor track & field
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## CROSS COUNTRY FACILITIES



- Beautiful, rolling 5K course with directional white painted line marking the course
- Henry Hershey Field: 8-lane, all weather track
- Spartan Center Gym: 3-lane, indoor track
- Indoor fitness facilities include multiple weight rooms, and a cycling room
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

## PROVIDED EQUIPMENT

- Uniforms, warm-up apparel, running shoes, cross-country spikes, and practice t-shirts
- All equipment costs are covered, including quality brands like Nike and more



Camps, club teams, off-season training, and equipment  
are included—with all costs covered.





## MEET THE COACH



- **MHS Varsity Head Coach Katy Joseph** was named head coach in 2022.
- In high school, she competed in the PIAA State Championships for cross country and track & field.
- She received the Wes Olsen Scholar Athlete Award and made First Team All-Conference while running in college at Penn State Abington.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

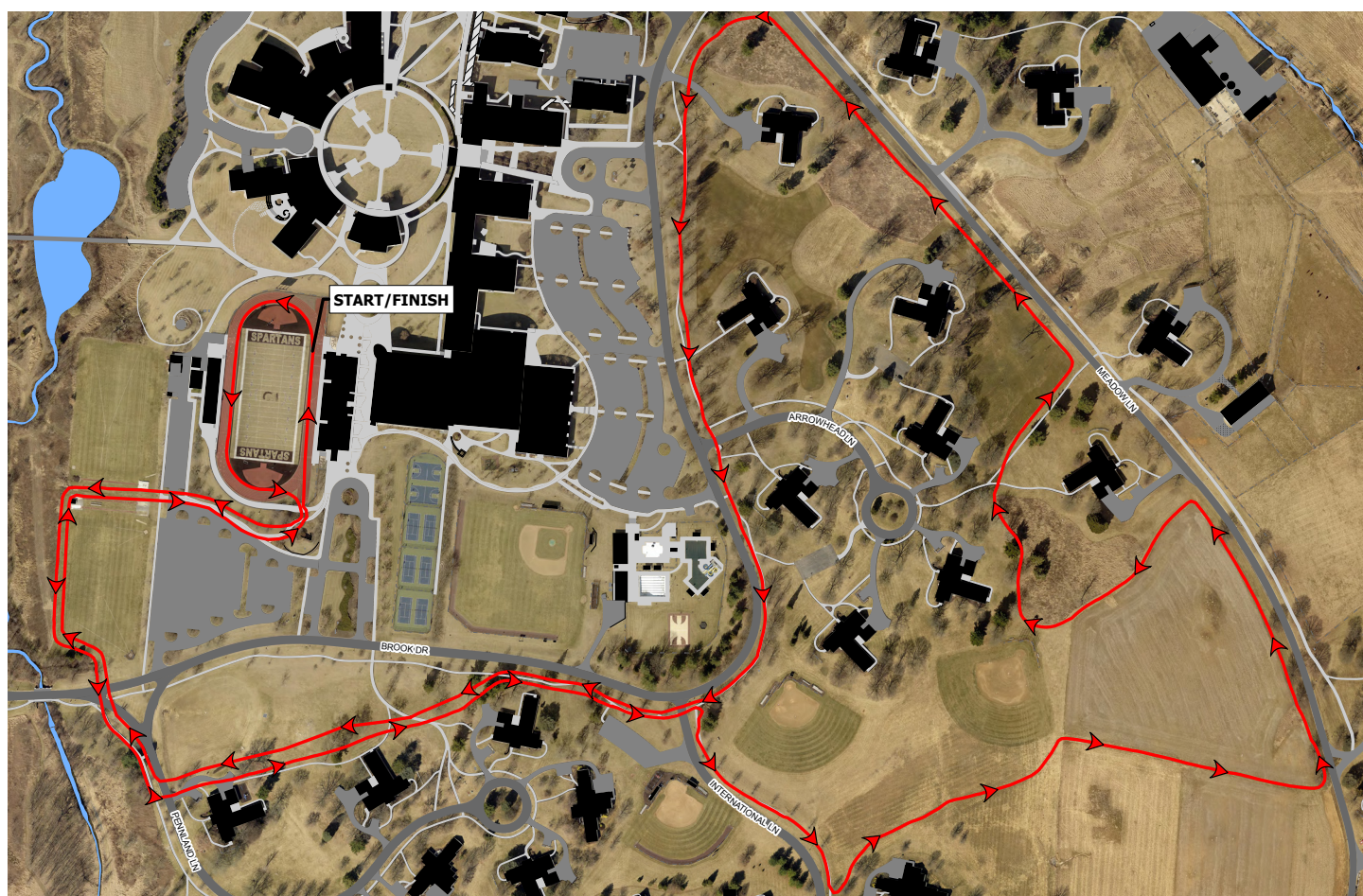
## DEVELOPMENTAL PROGRAMS

- 5th/6th Grades: Developmental program
- Middle Division: Participation in PIAA Junior High cross country (Fall)

## PROGRAM ACCOMPLISHMENTS

- Mid-Penn Team Division Champions (Boys): 2014, 2015, 2016, 2017, 2023, 2024
- Multiple PIAA District III and PIAA State qualifying runners annually (Boys and Girls)

## CROSS COUNTRY COURSE MAP



Scan the QR code or visit [mhskids.org/athletics](https://mhskids.org/athletics) to learn more. Contact Special Talent Admissions Counselor Rylan Good at [goodry@mhs-pa.org](mailto:goodry@mhs-pa.org).

