



Liberty Creek & Liberty Lake CROSS COUNTRY



September 2019

Dear Parents & Guardians of Liberty Creek AND Liberty Lake Elementary:

We are so excited that Cross Country is back in CVSD for the fourth year. This amazing, **FREE**, extra-curricular activity is being brought to you by Active 4 Youth, a Spokane-based non-profit. Cross Country is available for **grades 1-5**. Practices will be held for **both** Liberty Lake schools on **Monday, Tuesday, and Friday mornings**, from 8:00-8:45. Please see below for the complete schedule. For your convenience, students may be dropped off at any of the locations marked **Student Drop Off** on the attached map. Students will meet **at the check in sign** near the baseball field for all practices. (Walkers, please meet at check in and be sure to use marked cross walks.) Please have your participant wear comfortable, layered clothing, and athletic shoes to each practice. They may bring a water bottle and a change of shoes for school if they want to. A hood is a good idea if it's rainy as practices are outside! Please note that your child should attend **SIX** practices if they would like to participate in the first zone meet. There will be **two regional zone meets**, we are the **EAST Zone** held at CV High School, as well as the All-Valley Meet for qualifying participants.

Volunteers: We have many opportunities for volunteers to help at practice and the meets. There are additional ways you can help with jerseys, bibs, etc. If you have completed a background check and want to volunteer please email a coach to let them know you are interested. Please look over the registration information and **keep this schedule & packet**. We included a frequently-asked-questions page for your convenience. Please don't hesitate to ask your coaches if you have any questions!

Thanks so much & **GO PATRIOTS & GO EXPLORERS.**

Emily Schreiner (Liberty Creek) & Connie Callihan (Liberty Lake)

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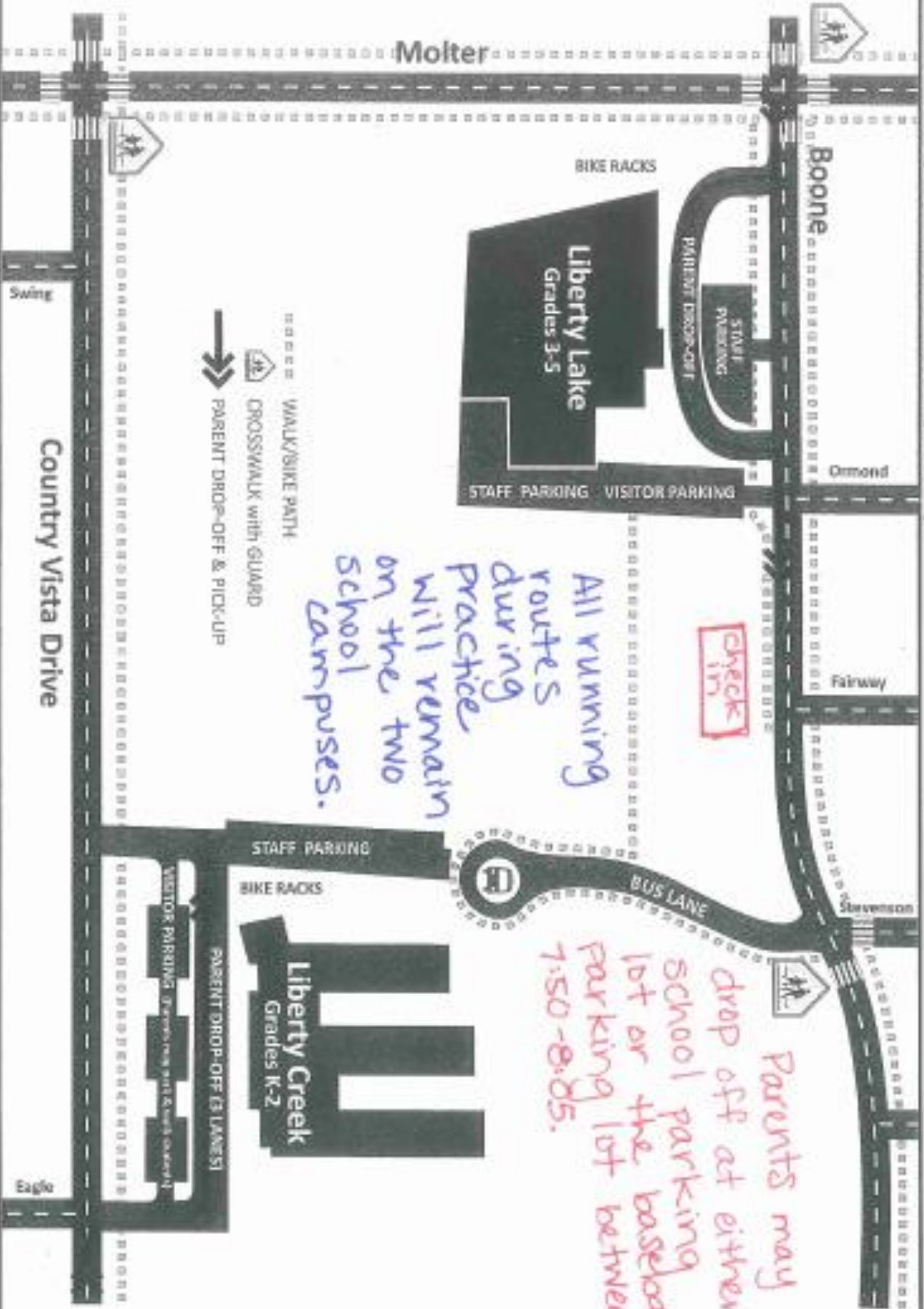
CCallihan@cvsd.org

Liberty Lake/Liberty Creek Cross Country Calendar

September – October 2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	9	10	11	12	13 8:00 practice
2	16 8:00 practice	17 8:00 practice	18	19	20 8:00 practice
3	23 8:00 practice	24 8:00 practice	25	26	27 8:00 practice
4	30 8:00 practice	Oct 1 East Zone #1 CVHS @4:30	2	3	4 8:00 practice
5	7 8:00 practice	8 8:00 practice	9	10	11 No School
6	14 8:00 practice	15 East Zone #2 CVHS @4:30	16	17	18 8:00 practice
7	21 8:00 practice For those who qualify	22 8:00 practice For those who qualify	23	24	25 8:00 practice For those who qualify
8	28 All-Valley Meet @ CVHS				

Liberty Creek and Liberty Lake Elementary Schools
Parent Drop-Off & Pick Up Map



Qualification for All-Valley Meet

Entry is by qualification only. There are two ways to qualify.

1. Automatic entries. The top 15 runners in each grade-level race qualify.
2. Runners with meet times matching or under these qualifying times qualify for the All-Valley Meet.

The times are:

GRADE	BOYS	GIRLS
1 st (1/2 mile)	4:15	4:30
2 nd (1 mile)	8:00	8:30
3 rd (1 mile)	7:30	8:00
4 th (1 mile)	7:30	7:45
5 th (1 mile)	7:15	7:30

FAQs:

How do the meets work? Please read, and keep for your records, the attached *Race Day Information* sheet that explains what you'll need to know about the meets.

What if my child can't attend all the practices? We understand that students will sometimes need to miss a practice. If missing practices is going to be regular pattern, for example, your child may have a conflict on Friday mornings because they are in orchestra/strings. If that is the case, please email your coach and let them know.

What if my child can't participate in the meets? There may be students who want to be a part of cross country practices in the morning but can't come to the meets. If so, please email your coach and let them know so they can plan accordingly! We want to encourage students who want to come get their brain and body active before school, to come be a part of this with us!

What if the Air Quality Index is over 100? We will need to have practice inside but students will still check in at the regular location. You can check the index online at spokanecleanair.org. It's challenging to have so many children indoors for practice, so the level of activity is fairly limited.

What if it's rainy or stormy? Whenever possible, we will have practice outside, so if it's sprinkling, plan to bring a hood and extra shoes. If it's cold or windy, wear layers. If it's pouring, we will move practice inside if possible.

How intense is cross country? We welcome all levels of walkers and runners to come join us to increase their fitness while making friends and being a part of this fun school team!