

CROSS COUNTRY REGISTRATION

Dear Parents and Guardians,

Central Valley School District is excited for the upcoming season of the Active4Youth Elementary cross country program! Active4Youth provides a cross country program to Spokane Public Schools, Central Valley School District, and West Valley School District.

All Central Valley School District Elementary aged students in **grades 1st – 5th** are invited to participate on their schools' cross country team. Practice will begin the week of **September 9th**. Each school will send home practice schedules and additional information about the meets. Participants will have the opportunity to race in two regional zone meets and qualify for the Spokane Valley All-Valley Meet. Participants should wear comfortable clothing and athletic shoes.

Be sure to visit www.Active4Youth.org to register and to learn more about our program. Please follow us on **Facebook** for more news. Please join us for the Annual Fundraiser and Auction on Saturday, October 19th.

If you are interested in sponsoring, volunteering or donating, please contact Meg Demand at meg@active4youth.org

If you are interested in sponsoring All-Valley or volunteering at any of the CVSD XC Zone Meets, please email CVSD Program Director Jen Hurst at jhurst@cvsd.org.



Registration is open!

Please register your child at

www.active4youth.org

REGISTER AT

<http://active4youth.org/registration.html>

*Thank you to our sponsors that **KEEP US RUNNING***



Liberty Creek/Liberty Lake Cross Country Calendar

September – October 2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday
	September 2	3	4 <i>First Day of School</i>	5	6
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				