

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 an after-school cross country program to Spokane Public Schools, Central Valley School District, and now West Valley School District.



Registration is open!
Please register your child at
www.active4youth.org

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 10th** and practice schedules will be handed out the first week of school at your child's school. Participants will have the opportunity to race in the regional zone meets and qualify for the Spokane Valley All-Valley Meet. Participants should wear comfortable clothing and athletic shoes. Please note: students will not be allowed to walk home unless it is marked on their permission slip.

Parents, you will receive more information about the program as the season unfolds and be sure to visit **Active4Youth.org** for more news.

Sunrise Superstars will race in the East Zone Races at CVHS.

***Please promptly pick up your children at 3:45pm on Thursday.** There will be no transportation/buses provided for cross country practices. In addition, for a child to walk home from cross country practice it **MUST** be marked on the Active for Youth registration form found online. If you have any questions or concerns please contact us right away. cmcintyre@cvsd.org or 558-3600

Mr. Kennedy, Mr. Kramer, Mr. McIntyre, Mrs. Jones and Mrs. Schmaltz

Monday and Tuesday=AM Practices 8:30-9:00
Thursday=PM Practices 3:15-3:45
Dress Appropriately.

Cross Country Calendar September – October 2018					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
	September 3	4	5 <i>First Day of School</i>	6	7
1	10 8:30-9:00am Practice	11 8:30-9:00am Practice	12	13 3:15-3:45pm Practice	14
2	17 8:30-9:00am Practice	18 8:30-9:00am Practice	19	20 3:15-3:45pm Practice	21
3	24 8:30-9:00am Practice	25 8:30-9:00am Practice	26	27 3:15-3:45pm Practice	28
4	Oct 1 8:30-9:00am Practice	2 East Zone #1 CVHS @4:30	3 West Zone #1 UHigh @4:30	4 3:15-3:45pm Practice	5
5	8 8:30-9:00am Practice	9 8:30-9:00am Practice	10	11 3:15-3:45pm Practice	12
6	15 East Zone #2 CVHS @4:30	16 West Zone #1 UHigh @4:30	17	18 3:15-3:45pm Practice	19
7	22 8:30-9:00am Practice	23 8:30-9:00am Practice	24 Bloomsday All- Valley TBD	25	26