



## ELEMENTARY CROSS-COUNTRY PROGRAM Registration Information for 2018-2019

### REGISTER AT

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

Dear Parents and Guardians:

West Valley School District is excited for the next season of the Active4Youth Elementary cross-country program. Active4Youth hosts the program and partners with the District to provide the after-school cross country program to West Valley School District, Spokane Public Schools, and Central Valley School District.

All West Valley School District aged students in grades 1st – 5th are invited to participate in their schools' cross-country program. Practice will begin the week of September 10th and practice schedules will be available first week of school. Participants will have the opportunity to race in the regional zone meets and qualify for the Spokane 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.

Families, you will receive more information about the program as the season unfolds and be sure to visit [www.Active4Youth.org](http://www.Active4Youth.org) and follow us on Facebook for more news or email Meg Demand, Executive Director at [meg@active4youth.org](mailto:meg@active4youth.org).

Active4Youth also partners with Soles4Youth. Soles4Youth is a local nonprofit program that provides donated new and gently used running shoes and clothing to elementary school students participating in Active4Youth's cross country program, Girls on the Run, and Fit for Bloomsday. For more information, please contact [michelle.neill@comcast.net](mailto:michelle.neill@comcast.net).

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

If you are interested in sponsoring, volunteering or donating, please contact Meg Demand at [meg@active4youth.org](mailto:meg@active4youth.org)



# Ness Cross Country Schedule

Practice will start Monday, September 10<sup>th</sup> from 8:00-8:45am. In order for your student to participate with us on September 10<sup>th</sup> they MUST be registered. Please follow the directions on the reverse side for registration.

We will be sending a copy of the calendar for the season on the first day of practice but please notice the following important dates:

- Practice is Monday, Wednesday, Friday from 8-8:45am. \*\* Please meet in the gym.
- We will not be practicing the mornings of meets or Late Start Wednesdays.
- Regular season Meets October 1<sup>st</sup> and 17<sup>th</sup> after school at West Valley High School.
- All Valley meet October 24<sup>th</sup> at Central Valley High School \*\* Qualifiers only, (more to come).
- Celebration Breakfast October 29<sup>th</sup> 8:00am, all participants.

What to bring to practice:

- Please wear running shoes and clothing, if you want to change before school there is time to do so.
- Water bottle is strongly encouraged.
- If you eat breakfast at home, a snack for after practice is also encouraged.

We will send home letters throughout the season keeping you updated. However if there are questions please feel free to call or email. We look forward to a fun filled season!

Thanks!

Miss. Bell and Mrs. Jackson

Ashley.Bell@wvsd.org and Jennifer.Jackson@wvsd.org