

CROSS COUNTRY SIGN-UPS



FOR BOYS & GIRLS AGES 5 to 14

Be a part of CROSS COUNTRY in MT House and help represent at National Meet

- Excellent way to get fit
- Build Your Endurance
- Improve Running technique
- Hill Training
- Great T&F Conditioning
- Helps with coordination

Cross Country is one sport that is good training for all sports, whether its Softball, baseball, soccer or basketball
Cross Country WILL MAKE BETTER ATHLETES!

BOYS AND GIRLS DIVISION *Parent Volunteers and coaches needed*

KINDER & 1ST GRADE

2ND & 3RD GRADE

4TH & 5TH GRADE

6TH GRADE

7TH & 8TH GRADE

Sign-Ups: Valley Chiropractic Care

983 Wiclund Crossing Mt House CA

DATE: Thursday August 29th @ 6pm to 830pm

Practice will be every Mon/Wed or Tues/Thurs

All Students, ALL Ages 4:30pm– 5:30pm

All ages will practice at the same times

- Practice 2 days per week for 1 Hour
- Local Cross Country Meets on Saturdays
- Runners will compete in their age group & Gender
- Practices Start in September

TOTAL FEES: \$150.00

Fees includes registration, uniforms Shirt & all 5 NORTH Conference CC Meets.

Class fees for WORKOUT CLUB: \$125.00 which includes registration fee & Practice

REGISTRATION NOTE: you can pre-register using this link: <https://forms.gle/AA5bwgkwoVj8g8yy5> All students ages 5-14 are accepted. Please use the registration link to register before going to the class location you will be attending. CROSS COUNTRY Meets Starts in September. There is a MANDATORY \$75 FUNDRAISER RAFFLE DUE at REGISTRATION.
ALL HOME CROSS COUNTRY MEETS ARE LOCAL.

For More Information Please Call ,Text (209) 276-5312, email: Fundamentals@gmail.com or Log-on to

WWW.5NORTHTRACK.COM

Instruction Provided by Fun-Damentals Youth Sports