

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.

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.



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



| 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 | 11 | --- <i>First Week of Practice</i> --- | | |
| 2 | 17 | 18 | 19 | 20 | 21 |
| 3 | 24 | 25 | 26 | 27 | 28 |
| 4 | Oct 1 | 2 East Zone #1 CVHS @4:30 | 3 West Zone #1 UHigh @4:30 | 4 | 5 |
| 5 | 8 | 9 | 10 | 11 | 12 |
| 6 | 15 East Zone #2 CVHS @4:30 | 16 West Zone #1 UHigh @4:30 | 17 | 18 | 19 |
| 7 | 22 | 23 | 24 Bloomsday All-Valley TBD | 25 | 26 |

