

Quotes from students

“It was fun, cool, and a big goal for me”

“It was great and I loved my team and coaches and now I can run longer and farther.”

“Excellent, I definitely learned more and more everyday”

“Lost weight”

“This was a courageous decision and it was fun.”

“This has been very fun. I learned a lot about running and the character messages.”

“I didn’t like it at first because they pushed me hard and I didn’t like the running workouts. But I love the competitions.”

“This was a wonderful experience. I have learned a lot about running and about getting along with my teammates who are more like family right now. It took a lot of commitment and dedication to do this. It was awesome.”



WHAT TO BRING TO CROSS-COUNTRY PRACTICE

- 1 pair of running shoes (no spikes or walking shoes)
- Running shorts/socks/T-Shirt
- Water bottle
- Towels/face cloth

Shoes: Your shoes should be comfortable. Shoes do not need to be very expensive they just need to be comfortable. You should not run barefooted or in socks. You can hurt yourself.

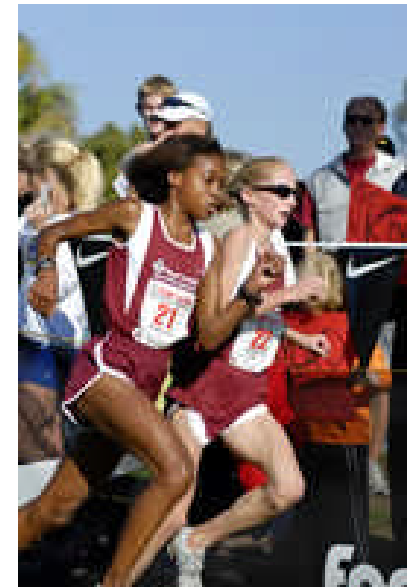
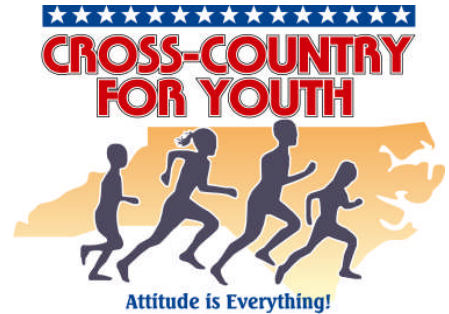
Right Clothes: Fancy clothes are not required. You just need to wear shorts and a T-Shirt and socks.

Drink Water: Be sure to drink water before you run and after you run.

September , 2010

Charlotte, Metro Region

www.crosscountryforyouth.org



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Welcome to Elementary and Middle School Cross-Country

Practice sessions

Cross-Country Competition

Cross-Country for Youth (CCFY) is a unique fitness program that introduces young people to cross-country training and character-building concepts to develop the whole person. CCFY programming will take place twice a week. A typical day of activities will begin with a general introduction, the character focus of the day and an overview of cross-country principles and continue with stretching, a group run and wrap-up exercises. The character development concepts include integrity, respect, sportsmanship, responsibility, perseverance, teamwork, commitment, courage, discipline and leadership.

Eligibility

Open to all boys and girls of Elementary Schools (grades 4,5) and Middle School age (grades 6, 7, 8).

Distances Run



First Practice

Monday, September 13th. practices will be held at your school or park site through November 18^h. This program will be offered at multiple sites offering the Cross-Country For Youth program:

Sites include:

Bailey Middle, Bruns Elem. Carmel Middle School, Eastway Middle, Piedmont Open Middle, Randolph Middle IB, Ranson Middle School, Sedgefield Middle School, Smith Language Academy Elem & Middle, Spagh Middle School, Sullivan Middle, Sugaw Creek, Rock Hill, SC, Wilson Middle School, Winterfield Elementary.

Practice is scheduled for Mondays and Wednesdays at your school. We will meet in a classroom 15 minutes after school ends.

Typical Day:

Classroom: 30 min.— **Character message**
The character development concepts include integrity, respect, sportsmanship, responsibility, perseverance, teamwork, commitment, courage, discipline and leadership. Each character trait activity is accompanied by a *Key Message* delivered by community stakeholders and screened volunteers.

Outside: 60 min.- **Cross-Country Training**
Is a time to gradually develop the athlete's fitness base and provide training that promotes health and positive attitudes about running/physical activity, teamwork and competition.

Competition locations:

(2) Local Competitions TBD
(3) Competition - Rock Hill TBD

McAlpine Greenway November 13th
(City Championship)

McAlpine Greenway November 27th
(Footlocker Regionals)

Note- Check with your coach for your specific competition dates.

Fees:

Program fee \$125.00 per participant. Includes **10 weeks** of curriculum based lessons, Trained CCFY Coaches, Lesson materials, Program T-Shirts, Awards, Registration fee to Footlocker Regional's/T-Shirt and invitation to Appreciation Banquet.

Online-Registration: Thank you for your interest in registering for the Cross-Country For Youth program. Fall registration will open on August 27th at 8:00 a.m. Go to our web site below.

<http://www.crosscountryforyouth.org>

Select the program tab and you will see the link to register. Option "C".