

# QUOTES FROM STUDENTS

“Cross-country **STOPPED ME** from hanging around, eating junk food and watching television. Cross-country was **my first sport** ever that I actually liked and enjoyed.”

“Running was never my **passion** until I joined Cross-Country for Youth. The **WONDERFUL COACHES**, the amazing athletes and the **joy of running** until my legs felt like lead was the **INSPIRATION FOR ME** to work hard this year.”

“Every practice, for about 30 minutes we had **CHARACTER LESSONS**. Some of them were things like Respect, Leadership, Courage, etc. I think that this was **an extremely good idea**, and almost everything tied into cross country itself.”

“I learned **valuable life lessons** my 7th grade year that I **WILL NEVER FORGET**. All of this was possible because of Cross-Country for Youth.”

“I truly have learned the meaning of **SPORTSMANSHIP** this season. Our team is so small that if one person missed a race we were not scored as a team. **COMMITMENT** was a **huge factor** to our team.”

## Items Needed For Cross-Country Practice

### Shoes

You need 1 pair of running shoes (no spikes or walking shoes). 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, a t-shirt and socks.

### Drink Water

Be sure to drink water before and after you run.

### Program Fee:

The program fee of \$165 per participant includes:

- 10 weeks and 20 lessons conducted by trained, CPR/FA certified and background checked CCFY coaches
- Character and Nutrition instructions
- Program T-Shirts
- Cross country competition series
- Medal or Ribbon in City Championship

### Scholarships:

Scholarships are available at various levels for qualifying families.

### Online-Registration:

Fall registration will open on July 1st at 7:00 a.m. To **register online**, go to our website and select the register tab.

[www.crosscountryforyouth.org](http://www.crosscountryforyouth.org)  
No Refunds



**CROSS-COUNTRY FOR YOUTH**



**Cross-Country Competition**  
**Character Education**  
**Nutrition Education**  
**Mental Health Education**

[www.crosscountryforyouth.org](http://www.crosscountryforyouth.org)

# Welcome to Elementary & Middle School Cross-Country

**Cross-Country for Youth (CCFY)** is a multifaceted program that combines cross country training and competition with character and nutrition education to promote healthy lifestyles for the prevention of childhood obesity among children aged 8-14 years.



Cross-Country For Youth focuses on helping children learn to run cross country and live healthy lives with character. In fulfilling that mission, we are addressing the two most important components of a child's development at the most vulnerable time in their lives. We're addressing their need for great health and great character. By developing high character in youth we are helping them to become responsible citizens in our community. **Registration begins July 1<sup>st</sup> at [www.crosscountryforyouth.org](http://www.crosscountryforyouth.org).**

## Eligibility

Ages 8-14, (Grades 3-8)

## Distance Run

Our goal is to run (2) miles for both elementary and middle school students. *Note: The races early in the season will be less than 2 miles.*



**Johnson &  
Johnson Childhood  
Obesity Grant  
Winner  
2013-2016**



## Practice Sessions

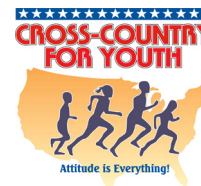
### Program Details

The season begins on Aug. 30th and concludes on November 3rd. Please check with your site coordinator for additional details.

The full fee for our program is \$165. To ensure the program is available to all boys and girls we offer financial aid based on family income & household size with fee amounts ranging from \$30-\$165.

### Sites Include

The CCFY program will be offered at various schools, recreation centers, clubs and individuals in the Southeast United States. If you're interested in a school based or virtual program visit our website at [www.crosscountryforyouth.org](http://www.crosscountryforyouth.org).



### Typical Day

#### Day 1: Character Education

The character messages and activities will include key messages which will be presented by the site coordinator at your location.

#### Day 2: Nutrition Education

Healthy eating is an important part of every person's life, and this fall your child will have the opportunity to learn more about making those healthy choices. We will be covering the main parts of the **MyPlate** icon (fruits and vegetables, grains, protein, and dairy) as well as the importance of physical activity.

#### Day2: Mental Health Education

Focus to promote positive mental health. Thoughts, Healthy Thinking Habits, Resilience, Identity, Values, Emotion Regulation. Mental Health is best thought of as having a positive view of yourself, the world and others.

#### OUTSIDE: Cross Country Training - 60 min.

Runners will gradually build their fitness base and will have training experiences that will promote health, teamwork and improve their overall physical condition. They will also be prepared for cross country competitions.

## Cross-Country Competition

### Competitions

Four competitions will occur during the season. See the competition schedule on our website for more details.

Our CCFY City Championship will occur on November 12, 2022

*All competitions will be held at McAlpine Greenway Park.*

