



ELEMENTARY CROSS-COUNTRY PROGRAM

A four-week running program for any Seneca Valley Student in grades 3-6
Sponsored by the SVXC Booster organization.

Dates and Locations:

Practices-

Mondays & Thursdays starting the week of September 9th and concluding the week of September 30th.

5:30-6:30pm

Behind NextTier Stadium next to softball field.

*We will meet Wednesday 9/18 not Thursday 9/19 due to homecoming.

Race Day- Saturday October 5th.

1.1 mile

@ Grove City Memorial Park

Girls 9:00AM, Boys 9:30 AM

Program Includes:

- Race Singlet
- Draw string bag
- Race registration fee
- 8 structured practices to prepare for a 1.1-mile cross country race.

Additional Information:

- Full meet info posted [here](#)
- If the cost is prohibitive, please let us know.
- Although recommended, attendance is not required at all practices and the meet.
- Athletes should arrive in athletic wear, proper running shoes and with a water bottle.
- Questions, please contact Wess Brahler at brahlerwl@svsd.net and/or Steve Strellick at strellicksd@svsd.net

Objective:

This program is designed to help athletes of ALL abilities improve physical and emotional wellness through running. Given its individual nature, running is a terrific way to work on setting and achieving goals, as well as dealing with setbacks and adversity.

Teaching younger athletes not to compare themselves to others to focus on individual growth is essential in all sports and facets of life. There is no better sport than running to teach this.

Registration and Cost:

- \$75 payable via VENMO or Check. Specific payment information is provided in the registration link below.
- Completed Registration Form and Waiver by Friday September 9th.

Website-

<https://forms.office.com/r/NWCTMz8vnm>

QR Code-



The SVXC Elementary Running Program is not a Seneca Valley School District Sponsored Event.