



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 Evenings) Starting Thursday September 3rd and concluding October 1st Practice time – (5:30-7:00pm). Behind NexTier Stadium next to softball field.

Race Days:

@ Seneca Valley - Sept 19

@ Grove City Park - Oct 3

Program Includes:

- Race Singlet or T-shirt
- Team Bag
- Race registration fees
- Structured practice sessions to prepare for cross-country racing.

Additional Information:

- Full meet info will be sent out when available.
- If the cost is prohibitive, please let us know.
- Although recommended, attendance is not required at all practices to run at the meets.
- Athletes should arrive in athletic wear (dress for the weather), proper running shoes and have a water bottle.

- Questions, please contact Wess Brahler at wbrahler77@gmail.com

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:

- \$100 payable via Cheddar Up. Specific payment information is provided in the registration link below.
 - Completed Registration Form and Waiver by Monday September 1st
- Website & Payment Link-
<https://svxc-elementary-xc-program-2026.cheddarup.com/>

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