

# Valley View Charter Montessori Cross Country 2026

All students in grades 2-8 are eligible for the Valley View Cross Country Team! The season will begin with our first practice on Monday, August 31st, and end on October 14th with the County Finals. Meets are on Wednesdays and will start at either 3:30 or 4:00 and end around 5:30 or 6:00.

**\*\*\*Students must turn in all paperwork before they can participate with the team.\*\*\***

- Completed Participation Slip below and a Sports Packet. All paperwork can be picked up in the office.
- We are estimating the cost of offering our Cross Country program to be \$30 per participating student. This cost will cover equipment used for meets, snacks at meets, a team shirt, and an end-of-year pizza party. Please include your donation in the form of a check made out to VVCM when you submit the attached form.

## **Procedures:**

- Practice will be on the VVCM field after school. Typically, practices are Monday and Wednesday, with an optional fun practice on Thursday. This year we will have practice on Fridays for middle school runners. The calendar is on the second page and should be kept for future reference.
- There will be a **sign in/sign out** sheet at each practice and each meet. Students need to be **picked up/signed out promptly** after practices and meets.
- **At this time, buses will NOT be provided for transportation to the "away" meets.** Parent transportation will be needed to get runners to the meets.
- **Students who are not behaving at practice or not giving effort will be asked to leave the team.**

We look forward to seeing you at practice!

Coach Saura, Coach Uhrik, & Coach Filippi

## **VVCM Cross Country Team Participation Slip (please print neatly)**

Student's Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age as of 8/31/26 \_\_\_\_\_

Parent's email

address: \_\_\_\_\_ (MUST BE LEGIBLE!)

All communication will be done through email. Please make sure we have your correct email address.

T-Shirt Size:   YS      YM      YL      YXL    Adult-S      AM      AL      AXL      AXXL

Parents are welcome to purchase a team shirt for an additional charge of \$12.

**FORMS DUE BY AUGUST 26TH!!!!** This is very important when ordering shirts!

I have read and agree to ALL the above information \_\_\_\_\_ (Parent Signature)

# VVCM 2026 Cross Country Season Schedule

| Monday                                                                              | Tuesday                                                    | Wednesday                                                                                                              | Thursday                                                             | Friday<br>*Middle School Only*                                    |
|-------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>Aug 31</b><br>Practice 2:15-3:15<br>Parent questions<br>after practice 3:15-3:40 | <b>Sep 1</b><br>Practice 2:15-3:15                         |                                                                                                                        | <b>Sep 3</b><br>Practice 2:15-3:15                                   | <b>Sep 4</b><br>MS Practice 2:15-3:15                             |
| LABOR DAY<br>NO SCHOOL                                                              | <b>Sep 8</b><br>Practice 2:15-3:15                         |                                                                                                                        | <b>Sep 10</b><br>Practice 2:15-3:15                                  | <b>Sep 11</b><br>MS Practice 2:15-3:15                            |
| <b>Sep 14</b><br>Practice 2:15-3:15                                                 |                                                            | <b>Sep 16</b><br>HOME MEET @4:00                                                                                       | <b>Sep 17</b><br>Optional fun<br>practice 2:15-3:15                  | <b>Sep 18</b><br>MS practice 2:15-3:15                            |
| <b>Sep 21</b><br>Practice 2:15-3:15                                                 |                                                            | <b>Sep 23</b><br>Middle school practice<br>1:15-2:15<br>AWAY MEET @CSD in<br>El Dorado Hills (3rd-5th grade only) 3:30 | <b>Sep 24</b><br>Optional fun<br>practice 2:15-3:15                  | <b>Sep 25</b><br>AWAY MEET @<br>MARKHAM (Middle school only) 3:30 |
| <b>Sep 28</b><br>Practice 12:15-1:15<br>(minimum day)                               |                                                            | <b>Sep 30</b><br>AWAY MEET @<br>DISTRICT CHRISTIAN<br>3:30                                                             | <b>Oct 1</b><br>Optional fun<br>practice 12:15-1:15<br>(minimum day) | <b>Oct 2</b><br>MS practice 12:15-1:15                            |
| <b>Oct 5</b><br>Practice 2:15-3:15                                                  |                                                            | <b>Oct 7</b><br>AWAY MEET @ JOHN<br>ADAMS 4:00                                                                         | <b>Oct 8</b><br>Practice (finalists<br>only) 2:15-3:15               |                                                                   |
| STAFF<br>DEVELOPMENT<br>DAY<br>NO SCHOOL                                            | <b>Oct 13</b><br>Practice<br>(finalists only)<br>2:15-3:15 | <b>Oct 14</b><br>FINALS MEET @ THE<br>FAIRGROUNDS IN<br>PLACERVILLE (finals<br>only) 3:30                              |                                                                      |                                                                   |

**Oct 21**

**End of season pizza party and RACE YOUR RATTLER (all runners) 1:15**