

Join the PVA Cross Country Club



Grades 6 – 8 ONLY

What is Cross Country?

Cross country is competitive distance running over varying terrain. At the middle school level, students race 3km, (1.86 miles). High School runners race 5km, (3.1 miles).

The PVA Cross Country Club is designed to introduce students to distance running, goal setting, running competition and promote physical fitness and training skills. We will begin practice sessions on **Tuesday, August 20th**.

The club will meet every Tuesday and Thursday from 3:00pm to 4:30pm, at the outdoor PE Court.

Our competition schedule is being developed, but plan on five meets taking place on Saturday mornings, (one possible Wednesday after school), through September and October.

THE CLUB WILL BE LIMITED TO 40 MEMBERS

Participation Fee: \$80 - to cover the costs of competition shirts and team entry fees.

Forms to Complete:

- A. Start Here to Sign Up → [Permission Form and Student Information](#)
- B. [Physical Evaluation Form](#)
- C. [Palm Valley Sports Physical Liability Wavier Form](#)



What do I need? A good pair of running shoes and clothing that wicks away moisture. Please bring water, (stay hydrated during the day). Also, a post workout snack.

Getting Home: You must arrange transportation home. There is not an after school activities bus. Car riders can meet parent/guardian at the pick-up car line by 4:30 pm.

If you have any questions, please feel free to contact Mr. Sassa:
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