



SILVER FALLS YMCA

# CROSS COUNTRY

Children in grades 6 - 8 will receive training in long distance running, stride technique and sportsmanship. The character values of respect, responsibility, honesty and caring are the cornerstones of the cross country team. Meets are held on weekdays at various locations. We will provide transportation on meet days!

## 6th - 8th Graders

\$55 Member | \$80 Non-Member

**REGISTRATION DEADLINE: August 31st**

Season begins Tuesday, September 6th.

3:15PM practices three to five times a week

**FOR MORE INFORMATION:**

[www.theYonline.org](http://www.theYonline.org) | 503 873 6456