



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

Sign up NOW!

Practices begin Wednesday September 5th
at Silverton Middle School Gym Entrance at 3:30;
3 to 5 days a week