



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Youth Cross Country Sept 7—Oct. 15, 2022

### ***Where are the practices/meets held?***

All of the practices will be held at Rogers Lakewood Park, outside of the Derby Downs Shelter. ***When entering Rogers Lakewood, proceed to the first stop sign and take a left until the lane dead-ends at the top of the tubing hill.***

### ***Practice Dates***

Wednesdays 5:30-6:30pm

### ***Meets***

Sept. 24th, Oct. 1st, Oct. 8th, Oct. 15th

### ***What equipment should my child bring?***

The YMCA will provide all the necessary equipment for practices and meets. Parents are not required to provide any additional equipment other than comfortable attire and tennis shoes. We do ask that parents bring plenty of water for their athletes.

### ***What distances will the children be running?***

Each age group will run a different distance, between a set range. Course may vary from week to week.

Ages 4-6:	400-1200m
Ages 7-9:	1200-1600m
Ages 10-12:	1600M +

### ***What should we expect on race day?***

Meets will be split into different heats for age groups, and boys & girls. Prior to each meet parents will be given a race details, either at practice or via email, with approximate heat times for each group. It's important that all athletes arrive before the check-in time so that they can be accounted for and their coaches can get them prepared for the race.

In order to make this program run smoothly we do require a large number of course volunteers. We ask that you please consider volunteering during a heat in which your child is not participating.

In between heats parents are encouraged to keep athletes hydrated. Children are welcome to volunteer with parents for another heat, as long as they are supervised and do not enter the course.



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***What do we do in the event of bad weather?***

In the event of severe or inclement weather, we will make a decision two hours prior to the scheduled practice or meet, **if possible**. We will not practice or run if lightning is detected in the area. However, if rain conditions are not severe we will attempt to continue the event. It is important to have your athlete dress accordingly.

Practices and Meets may not be made up in the event of inclement weather.

Parents will receive a text alert and email notification from the Valpo YMCA regarding any cancellations.

**Pictures: TBD**

***Who do we contact with questions or concerns?***

Kevin Freyenberger, Sports Coordinator at the Valparaiso Family YMCA  
219.462.4185 x239 or [kfreyenberger@valpoyymca.org](mailto:kfreyenberger@valpoyymca.org)