

RIVER VALLEY CROSS COUNTRY – 2022 SEASON



What is Cross Country? – Distance running within various terrains and courses. (helps one get fit, stay healthy, form great friendships and community, great for college application when applying and looking to stand out, great supporting family and friends, and a fun environment with a very talented and fast team). This is also good for conditioning and getting ready for TRACK.

How do I sign-up? **MEET AT RIVER VALLEY HIGH SCHOOL, Wednesday, 05/25, @ 5:00 PM at the School Library.** RVHS CROSS COUNTRY – THIS IS A MANDATORY MEETING FOR ALL CURRENT MEMBERS AND FUTURE MEMBERS (INCLUDING INCOMING 8TH GRADERS) followed by **Physicals** at 6:00 PM at RVHS for only **\$20!** Physicals are required to do any athletics.

Please print out form at attached website and bring day of meeting:

<https://rvhs.ycusd.org/documents/Athletics/Forms/RVHS-ATHLETIC-CLEARANCE.pdf>

What will the meeting discuss?

- Team slideshow and information
- Team Summer Practices and times
- Individual athlete summer training log
- Discuss Student –Athlete Summer Vacation Schedule and how to work around schedules
- 2022 Cross County Racing Schedule (Tentative)
- Expectation and standards (**hints: includes winning championships, winning rings, and going to State**)
- Meet and greet with coaches, athletes, and parents

Who do I contact for more information?

Swarnjit Boyal – boyalswarnjit@yahoo.com

Eric Jessen – ejessen@ycusd.org

Sahil Pandit – sahilpandit530@gmail.com

Eligibility Requirements:

- 1.) Must have 2.0 GPA and no more than 1 F.
- 2.) Must get a physical done. GOOD NEWS, RVHS will be providing Physicals at 6 PM FOR ONLY \$20, on the same day at 6PM.

Promise you it will be a blast and look forward to seeing everyone **Wednesday, May 25th @ 5:00 PM @ the River Valley High School Library. GO FALCONS!!!**