



Grove City Athletics Club

2021 Elementary Cross Country Program

Mission: motivate life-long physical activity through inspiring a joy for running and physical fitness.

Who: 2nd – 6th Grade Students (contact GroveCityAC@gmail.com if you have a MS/HS kid interested in XC)

****See below or attached for a Detailed Practice and Meet Schedule****

Summer Practice Days: **Tuesdays/Thursdays – 60 Minute Practices (starting July 27)**

Summer **Tuesday** Practice Location: Grove City Memorial Park Keystone Pavilion (across from basketball)

Summer **Thursday** Practice Location: Grove City Memorial Park Cross Country Course (by HS Softball Fields)

Summer Practice Time: 8:00 – 9:00 am (see schedule)

Starting Aug. 24 Practice Days: **Tuesdays/Fridays – 60 Minute Practices**

After School Starts Practice Times: Tuesdays 4-5pm and Fridays 3:30-4:30pm (see schedule)

After School Starts Practice Location: Behind Grove City Middle School (next to tennis courts)

Optional Races (Elementary Cross Country Races are about 1 Mile):

*4 Home Elementary Cross Country Meets listed in Schedule (G.C. Memorial Park near Baseball/Armory)

*5 Away Elementary Cross Country Meets – locations listed in Schedule (times will be announced later)

Activities: Running, walking, fitness games, circuit training, stretching, relay races, cross country meets, etc.

Objectives: Improve fitness (particularly cardiovascular endurance) and increase feelings of valuing physical activity (SHAPE America National PE Standards 3 & 5; <http://www.shapeamerica.org/standards/pe>)

Volunteer Coaches: Seth/Angie Jenny, Hannah Gildersleeve, Brian Buchan, Ryan Wells, Renae Shawgo, Megan Nash, Cara Rumbaugh and others! **Contact us if interested!**

Program Cost: **FREE*** to Grove City Athletics Club (GCAC) Members

- *In order to participate, your participating Child or Family must become a member of GCAC
- **GCAC Annual Membership:** \$30* per Individual; \$45* per Family/Household (*plus processing)
 - See our below registration page about the **BENEFITS** of joining the Grove City Athletics Club!
 - GCAC is for adults and children and is open to anyone! Become a member Household!

Registration: <https://getmeregistered.com/GroveCityAthleticsClub21> **(Registration Due Friday, July 23)**

**GCAC Updates will come from noreply@getmeregistered.com (add address to your contacts & check spam)

**GCAC singlet uniform/other apparel order will be due in August – youth to adult sizes (look out for emails)

Email Questions: GroveCityAC@gmail.com **Website:** <http://GroveCityAC.org> **Twitter:** @GroveCityAC

Facebook: Member’s Only – “Grove City Athletics Club (Official Group)”
Public – “Grove City Athletics Club”

Grove City Athletics Club- Elementary Cross Country

July 2021

- Prior to the start of school – all **Summer** practices are at the Grove City Memorial Park (**Tuesdays** @ Keystone Pavilion across from basketball courts; **Thursdays** @ Cross Country Course near Armory)
- **NOTE: Starting Aug. 24** – all practices begin and end at the side of the middle school by the tennis courts
- All practices are **60 Minutes (1hr)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Registration: https://getmeregistered.com/GroveCityAthleticsClub21						
  						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
		<p>First Day of Practice: 8:00–9:00 am Memorial Park @ Keystone Pavilion <i>(across from basketball courts)</i></p> <p>*PARENT MEETING AFTER PRACTICE @ 9am</p>	<p>Optional (self-register): Fredonia 5k with 1/2 mile Kids race Fredonia, PA (7pm) http://runhigh.com</p>	<p>Practice 8:00–9:00 am Memorial Park @ XC Course (near Armory)</p>		

Grove City Athletics Club- Elementary Cross Country

August 2021


- Prior to the start of school – all **Summer** practices are at the Grove City Memorial Park (**Tuesdays @ Keystone Pavilion** across from basketball courts; **Thursdays @ Cross Country Course** near Armory)
- **NOTE: Starting Aug. 24** – all practices begin and end at the side of the middle school by the tennis courts
- All practices are **60 Minutes (1hr)**
- Home Meet is located in G.C. Memorial Park next to the Armory (*near softball fields*)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Practice: 8:00–9:00 am <i>Memorial Park @ Keystone Pavilion (across from basketball courts)</i>	4	5 Practice 8:00–9:00 am <i>Memorial Park @ XC Course (near Armory)</i>	6	7
8	9 GEAR Apparel Order Opens	10 Practice: 8:00–9:00am <i>Memorial Park @ Keystone Pavilion</i>	11	12 Practice 8:00–9:00 am <i>Memorial Park @ XC Course (near Armory)</i>	13	14
15	16	17 Practice: 8:00–9:00 am <i>Memorial Park @ Keystone Pavilion</i>	18 <i>Optional (self-register): Ice Cream 5k with 1/2 mile Kids race; Grove City, PA (7pm) http://runhigh.com</i>	19 Practice 8:00–9:00 am <i>Memorial Park @ XC Course (near Armory)</i> *PARENT MEETING AFTER PRACTICE @ 9am	20	21
22	23	24 HOME Meet #1 vs. Cranberry Arrive 4:15; Race 5:00pm Memorial Park @ XC Course (near Armory) NOTICE TIME/Location CHANGE DEADLINE for GEAR Apparel Order	25	26	27 Practice: 3:30–4:30 pm Middle School NOTICE Day/TIME/Location CHANGES	28
29	30 <i>*First day of G.C. Schools</i>	31 Practice 4:00-5:00 pm Middle School <i>(GEAR Apparel Order Returned)</i>				

Grove City Athletics Club - Elementary Cross Country

Sept. 2021

- After the start of school – all practices begin and end at the side of the middle school by the tennis courts
- All Practices are **60 Minutes (1hr)** – **Tuesday** practices start @ **4pm** and **Friday** Practices @ **3:30pm**
- Tuesday Home meets are located in G.C. Memorial Park next to the Armory (*near softball fields*)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
					Practice 3:30-4:30 pm Middle School <i>NOTICE TIME CHANGE</i>	<u>Titusville Invitational</u>	
	5	6	7	8	9	10	11
			Practice 4:00-5:00 pm Middle School			Practice 3:30-4:30 pm Middle School	
	12	13	14	15	16	17	18
		<u>Home Meet #2</u> vs. Greenville/Sharpsville, Arrive 4:30p; Race 5:15pm			Practice 3:30-4:30 pm Middle School	<u>Commodore Perry Invitational</u>	
19	20	21	22	23	24	25	
		<u>Home Meet #3</u> vs. Sharon Arrive 4:30; Race 5:15pm			Practice 3:30-4:30 pm Middle School		
26	27	28	29	30			
		Practice 4:00-5:00 pm Middle School					

Grove City Athletics Club - Elementary Cross Country

- All practices begin and end at the side of the middle school by the tennis courts
- All Practices are **60 Minutes (1hr)** – **Tuesday** practices start @ **4pm** and **Friday** Practices @ **3:30pm**
- Tuesday home dual meets are located in G.C. Memorial Park next to the Armory (*near softball fields*)

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 3:30-4:30 pm Middle School	2 <u>Home Grove City Invitational</u>
3	4	5 Practice 4:00-5:00 pm Middle School (MS @ New Wilmington)	6	7	8 Practice 3:30-4:30 pm Middle School	9 <u>Slippery Rock University XC Invite</u> (Lawrence Co. Fairgrounds)
10	11	12 <u>Away Meet @ Hickory</u> with Slippery Rock too; Arrive 4:30; Race 5:15pm	13	14	15 Practice 3:30-4:30 pm Middle School	16
17	18	19 Practice 4:00-5:00 pm Middle School	20	21	22 <u>Final Practice and Party</u> 3:30-4:30 pm Middle School	23 <u>MCAC Elementary XC Championships @ Hickory</u>
24	25	26	27	28	29	30

****OPTIONAL** - **Saturday, Nov. 13** - USA Track & Field (USATF) **Three Rivers Association** Junior Olympic XC Championships (Mingo Creek State Park, Finleyville, PA)

****If Qualified from previous race** – **Saturday, Dec. 11** – USATF **National** Junior Olympic Cross Country Championships (Paris, Kentucky)

<http://www.usatf-threerivers.org>

<https://www.usatf.org/programs/youth>