

TRINITY YOUTH CROSS COUNTRY PROGRAM

The Trinity Cross Country Booster Club is again sponsoring a **TRINITY YOUTH CROSS COUNTRY PROGRAM** for this upcoming summer and fall. *Any Trinity Area School District boy or girl who will be in 3rd, 4th, 5th or 6th grade during the 2019-20 school year is eligible to join.*

What is Cross Country? Cross country running is a sport in which teams and individuals run a race (1.5 to 3k for youth) on open-air courses over natural terrain such as dirt or grass. At Trinity, it is a competitive interscholastic fall sport at both the middle school (7th & 8th grade) and high school (9th, 10th, 11th & 12th grade) levels. And with cross country being a competitive sport at the collegiate level, college scholarship money is available to those who perform well in high school. Many former Trinity cross country runners have earned scholarship money and some have received full NCAA Division 1 scholarship offers.

Benefits of Running Cross Country? In addition to possibly earning college scholarship money, there are many other benefits to gain from participating in cross country. As it is a sport requiring a high level of conditioning to succeed, you will learn the meaning of dedication and self discipline. As many people find running not easy, you will learn to tolerate pain and discomfort. As opposed to many youth and scholastic sports, there is *no bench* in cross country. You get to race in every meet, whether there are five runners or fifty on the team. With cross country being both a team and individual sport, you get the satisfaction of helping your team succeed and the joy of winning medals or other awards and recognition for yourself. Even if you don't like to run, cross country will get you in shape for winter sports like basketball, wrestling and swimming. And needless to say, there are the medical benefits of running cross country. Distance running, which can be a lifetime sport, will improve your cardiovascular system, lower your cholesterol and help keep your weight under control.

Races, Training and Fees? Starting in late September and ending in early November, there are various youth cross country races sponsored by the local chapter of USA Track & Field. We have attended elementary school invitationals and there are also youth cross country races attached to some of the varsity meets that our high school team attends. And many of our members also compete in some of the local road races that are held throughout the summer and fall. Group training for these meets will begin in July and be held twice weekly, but with training programs being individualized based upon your conditioning level, attendance at the group sessions is not necessary to achieve success as long as you are able to complete your individualized program on your own. As for program fees, that will depend on the number of races in which you wish to compete. Some cross country races are free and some charge a nominal entry fee of 5 to 10 dollars per runner. There is a yearly \$20 membership fee if your child decides to join USA Track & Field. *There is no cost to join the Trinity Youth Cross Country Program.*

Registration and/or Questions? If your child is interested in joining the Trinity Youth Cross Country Program, please e-mail their Name, Grade (2019-20), Date of Birth and Phone Number to thsgcc@gmail.com by June 15th. If you have any questions, please contact Jim Faiella at 724-747-0916 or thsgcc@gmail.com.