

# SILVA VALLEY CROSS COUNTRY TEAM INFO



**Is your child interested in joining Silva Valley's cross country team? Please read the following information carefully. If your child would like to join, please pick up a sports packet in the front office. A COMPLETED packet and \$45 donation must be returned by Thursday, August 24th in order for runners to participate.**

## **Who can join?**

All 3rd-5th grade students are welcome to join our team.

## **Who are the coaches?**

The coaches are Cami Soetaert, a 5th grade teacher at Silva Valley, Anne Seibel, a 4th grade teacher, and Jen Waldrop, an instructional aide and parent here at Silva Valley.

## **How long is the season?**

Our season will consist of 3 weeks of practice, 4 weeks of practice and a meet, and the finals (for qualifiers) will be on October 18th.

## **What is the schedule?**

The official schedule is attached and will be on the Silva Valley website. However, it is subject to change. We keep it updated and notify you via email if there are any changes.

## **Where and when are practices?**

Practices are after school here at Silva Valley. We will meet in the gym each time. We will run on and off-campus. Please be sure your child is wearing appropriate clothing and shoes and brings a full water bottle. It will be hot! Practices will end at 3:30 on Mondays and 2:30 on Wednesdays (which are early release days).

## **Is there a bus to the meets?**

There will be bus transportation to the meets. If you choose to drive your child to the meet, please be there on time. Meets usually start at 3 or 3:30 and end by 4:30. *There is no transportation home. Please make sure your child is signed out and picked up on time.*

## **Who gets to run in the finals?**

We will announce the qualifiers for the County Finals after we receive the results of the 4th meet. Qualification is based on participation, race times, and placement.

## **Can I help?**

We absolutely love and need fingerprinted volunteers! We enjoy running off campus and we need parents to help our little ones keep up the pace and stay safe. Also, we will be hosting a meet at Silva Valley on September 27. We will need plenty of volunteers to help run a smooth meet. In addition, a popsicle Sign-up Genius will be e-mailed out when the season begins.

Any questions? Feel free to e-mail Cami Soetaert [csoetaert@buckeyeusd.org](mailto:csoetaert@buckeyeusd.org)

# 2023 Silva Valley Cross Country Schedule

Please note that practice times change due to early release and minimum days.

I will send out an email and update this schedule if there are any changes.

<u>Day and Date</u>	<u>Time</u>	<u>Location (school)</u>
<i>THURSDAY, AUGUST 24 - SPORTS PACKETS DUE</i>		
Monday 8/28	Practice 2:15 - 3:30	Silva Valley
Wednesday 8/30	Practice 1:15 - 2:30	Silva Valley
Monday 9/04	LABOR DAY - NO PRACTICE	
Wednesday 9/06	Practice 1:15 - 2:30	Silva Valley
Monday 9/11	Practice 2:15 - 3:30	Silva Valley
Wednesday 9/13	Practice 1:15 - 2:30	Silva Valley
Monday 9/18	Practice 2:15 - 3:30	Silva Valley
Wednesday 9/20	Meet 3:30	Valley View
<b>*MINIMUM DAYS*</b>		
*Monday 9/25	Practice 12:15 - 1:30	Silva Valley
*Wednesday 9/27	Meet 3:30	Silva Valley
Monday 10/02	Practice 2:15 - 3:30	Silva Valley
Wednesday 10/04	Meet 4:00	Lake Forest
Monday 10/09	Practice 2:15 - 3:30	Silva Valley
Wednesday 10/11	Meet 3:30	Blue Oak
<u>For Qualifying Finalists Only</u>		
Monday 10/16	Practice 1:15 - 2:30	Silva Valley
Wednesday 10/18	Finals at El Dorado County Fairgrounds	
???	End of Season Party for the whole team TBA	