



Providence Christian Academy

Home of The Heart Changer
4258 Burrough Dr., Suite 300, Warrenton, VA 20187
(Tel) 540-349-4989 www.pcalions.org



Preparing Minds for Action, Lives for Service (1 Peter 1:13)

Welcome PCA Cross-Country Parents!!

The Shenandoah Christian Conference is adding Cross-Country to the conference sports offerings for 5th grade and up. This initial rollout is for the teams that have new or fairly new programs. We are excited to be able to include our Lion's athletes in these new sports offering for the upcoming season.

Coach Brooke Bailey will be Lions Cross-Country Head Coach and she is excited to lead and develop our new program.

The conference has two (2) scheduled meets with a possible third to be added. The scheduled meets will be held at Rockland Park in Front Royal with event times TBD. Meets are as follows:

Wednesday — September 27th

Saturday — November 4th

Here are a few cross-country details for you:

Parent Meeting: Thursday, September 7th, 4-4:30 w/Coach Bailey (for those that can make the meeting)

Practice schedule: Monday, Tuesday and Thursday from 3:15-4:15, starting September 5th.

What to bring: water bottle, after school snack, PE uniform, running shoes, hair tie (for girls), hat/sunglasses (optional)

Where: Warmups and stretching will be at PCA, then the team will walk together to and from the Vint Hill playground area for measured out practice runs.

Some important information for players and parents:

- **Cross-Country fee for this season is set for \$30.00, make check payable to "PCA"**
- Cross-Country communications will be setup and conducted through Remind App
- School Bus transportation will be provided to and from meets
- We will stop after the meets for a meal
- Athletic forms for parents will be provided to the athletes for parent's review and signature
- PCA sports questions/comments to the following address: rjohnson@pcalions.org

Warm Regards,

Coach Johnson
PCA Athletic Department

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.
(1 Timothy 2:15)