



# PVIS Cross Country 2021

Join the best middle school program in California!

**Practice begins Wed. August 25 min. day, right after school. After that, regular season practices:**

**Mondays 2:15-3:15**

**Wednesdays 3:15-4:15 through Mid-November**

**Several home and away meets each season, plus historic Mt. Sac Invitational and state championship meet**



Green screen required <http://screener.pvpusd.net>

Social distancing enforced and making new friends mandatory!

XC families are encouraged to join the Booster Club at registration or through [PVISBoosterClub.com](http://PVISBoosterClub.com).

Also, each student will need to bring the 3 forms the first day that can be found on [PVISBoosterClub.com](http://PVISBoosterClub.com) under Forms/Cross Country Paperwork 2021. Students must bring a hard copy of the completed forms the first day to participate. No exceptions.

Bring water

Bring running shoes

Bring sunscreen

Bring a great work ethic

Bring a mask

If 12 years and older, coaching staff urges vaccination

Compete against others but more importantly against yourself!

19 Mt. Sac Titles

9 state titles

16 PVIS Invitational titles

22 PVIS XC alumni have competed for their colleges and Team USA.

**FOR MORE INFORMATION**

**Contact Coach Scott Reid**

**[Scottm458@aol.com](mailto:Scottm458@aol.com)**

**or check out the PVIS Booster Club website!**

**Volunteer assistant coaches needed now, and parent volunteers also when COVID protocols allow!**  
**Contact Linda Reid**  
**[lindreid@aol.com](mailto:lindreid@aol.com)**

**<https://pvisxc2010.shutterfly.com>**