

6th Grade and Elementary Cross Country for Quaker Valley Students

August 9, 2023

Hello Interested 6th Grade and Elementary Cross Country Runners and Their Families,

My name is Ryan Kelly and I teach 8th Grade American History at Quaker Valley Middle School. I also serve as the Head Coach for the Quaker Valley High School Cross Country team, and Head Coach for Quaker Valley Middle School Track and Field team. In 2021, I resumed a cross country program for Quaker Valley Middle School students in 6th grade and Quaker Valley elementary students in grades 3-5. This cross country program is continuing this year as this letter includes all relevant information.

This cross country program operates outside the school district as interscholastic athletics are only offered to 7th through 12 graders. However, I wanted to provide our younger cross country runners with practices and the opportunity to run in two invitationals against other 6th-grade and elementary students throughout Western Pennsylvania.

Further details are listed below and if you are interested in joining our cross country program for the Fall 2023 season, please reach out to me via email at kellyr@qvsd.org thank you for your interest.

Practices

Practices will occur at Sewickley Heights Park (GPS Address: Hallaway Rd, Sewickley, PA 15143) or start at the Quaker Valley High School stadium (GPS Address: 625 Beaver St, Leetsdale, PA 15056) at the dates and times listed below.

Tentative Practice Dates:

1. Thursday, August 17th from 4:30-5:30 PM at Quaker Valley High School stadium
2. Tuesday, August 22nd from 4:30-5:30 PM at Sewickley Heights Park
3. Thursday, August 24th from 4:30-5:30 PM at Sewickley Heights Park
4. Tuesday, August 29th from 4:30-5:30 PM at Sewickley Heights Park
5. Thursday, August 31st from 4:30-5:30 PM at Quaker Valley High School stadium
6. Tuesday, September 5th from 4:30-5:30 PM at Sewickley Heights Park
7. Thursday, September 7th from 4:30-5:30 PM at Quaker Valley High School stadium
8. Tuesday, September 12th from 4:30-5:30 PM at Sewickley Heights Park
9. Thursday, September 14th from 4:30-5:30 PM at Quaker Valley High School stadium
10. Thursday, September 21st from 4:30-5:30 PM at Quaker Valley High School stadium
11. Tuesday, September 26th from 4:30-5:30 PM at Sewickley Heights Park
12. Thursday, September 28th from 4:30-5:30 PM at Quaker Valley High School stadium

Invitationals

Blue Devil Invitational

Blue Devil Invitational is scheduled to occur on Saturday, September 23, 2023, at Buhl Park (GPS Address: 715 Hazen Rd, Hermitage, PA 16148). Parents/Guardians will need to provide their own transportation for the Blue Devil Invitational. We have not yet received this year's race schedule. However, based on last year's schedule, the invite began at 8:15 AM with a Coaches' Meeting, then the Elementary Girls' race will occur at 8:45 AM followed by the Elementary Boys at approximately 9 AM. The distance for both elementary races is 1 mile. As of now, with the estimated plan, I would like your runner to arrive at Buhl Park by 8 AM at the latest. I will most likely be leaving that morning at 5:20 with our high school team and should arrive at the park around 7 AM. Our Quaker Valley high school and middle school teams are also running in this invitational.

Youthtowne Clash Invitational

The Youthtowne Clash is scheduled to occur on Saturday, September 30, 2023, at Youthtowne Field (GPS address: 150 Youthtowne Drive, Clinton, PA 15026). Parents/Guardians will need to provide their own transportation for the Youthtowne Clash. As of now, this year's race schedule begins with teams walking the course at 8:00 AM, the race for boys and girls in grades 3-6 is at 8:30 AM, at 9:00 AM is the race for girls in grades 7-8, 9:30 AM is the race for boys in grades 7-8, 10:00 AM is the high school Varsity Girls race, and 10:45 AM is the high school Varsity Boys race. As of now, with this plan, I would like your runner to arrive at Youthtowne Field by 7:30 AM at the latest. I will most likely be leaving that morning at 6:30 with our high school team and should arrive at the park around 7 AM. Our Quaker Valley high school and middle school teams are also running in this invitational.

Transportation

With this cross country program operates outside of the school district, transportation is provided by parents/guardians for all practices and the two invitationals.

Medical

PIAA Physical forms that are required for interscholastic athletics are not required for our program; however, I do ask that prior to the first practice you complete and sign the "Consent for Medical, Surgical Care, Emergency Treatment and Child's Medical Information" form as well as share with me essential medical information so that I can safely and effectively coach our younger runners.

Apparel

All runners will receive a race shirt (jersey) to wear at the two invitationals. The apparel order form for this race shirt (jersey) is located on page 3 of this document. The apparel order form (in either print or in an email to Mr. Kelly at kellyr@qvsd.org) is due to Mr. Kelly by Thursday, August 24, 2023.

Costs

The total cost per runner for this season, which includes the apparel and entry fees for the two invitationals is \$160. Again, with this cross country program operating outside of the school district, these payments are made directly to me. If paying by check, please make these checks payable to Ryan Kelly. Payments are to be delivered to me at the first practice.

Please let me know if you have any questions and thank you again for your interest.

Sincerely,

Mr. Ryan Kelly
8th Grade American History Teacher
Head High School Cross Country Coach
Head Middle School Track and Field Coach
Quaker Valley School District
kellyr@qvsd.org
(412) 749-5557 x5312

Race Shirt (Jersey) Order Form

Ordering Information: Please complete the form below with the name and sizing for your runner's race shirt (jersey). **This order form (in either print or in an email to Mr. Kelly at kellyr@qvsd.org) is due to Mr. Kelly by Thursday, August 24, 2023..**

Student-Athlete's Name:

Size for Race Shirt (Jersey) (Please circle your student-athlete's race shirt (jersey) size):

Youth Small

Youth Medium

Youth Large

Youth Extra Large

Adult Small

Adult Medium

Adult Large