

GILA RIDGE HAWKS CROSS COUNTRY



**A PARENT'S GUIDE
TO
CROSS COUNTRY**

I. Introduction

“What do you mean he runs three miles? ... All at once??”

When my son decided to run cross country at Gila Ridge, I had a few questions: How often will he practice? How is he going to survive running in the heat? Who runs in what race? What is a good race time? What kind of shoes should he wear? And the list kept growing.

This unofficial parent's guide is designed to answer these kinds of questions and more. It will also let you and your athlete know what else is involved in cross country including, fundraising, end of year banquet and the chute!

Cross country running has the potential to change your child's life and possibly yours. As with most sports, it is demanding and requires a real commitment to many hours of hard work. You will find that because team practices and races consume so many hours, your child's training and racing will leave little extra time beyond what is needed for homework, eating and sleeping. This is not necessarily a bad thing. Your child will need to manage his/her time better. This usually results in less time in front of the computer and TV. The discipline of balancing school activities and a team sport help develop time management skills that will last a lifetime.

Cross Country is also a character building sport. Through running, your child will develop self- confidence and be less inclined to pay attention to peer pressure. Once your child realizes his/her personal perseverance to run 15-40 miles per week, what others think makes less of a difference.

II. How the Team Works

“When you run together, your family”

Cross Country is a no-cut sport. If you sign up and go to practice, you are a team member. Last year 65 kids joined the cross country team.

Varsity Runners- These are the top runners of the team and they will all train together. The number of varsity runners can vary however at a meet, the top 7 runners, determined by the coach make up a team for that race. The selection of the varsity team for a meet is usually based on race times, not age, grade level or length of time on the team. The varsity lineup at a meet will change during the season, as performances change or injuries occur. Substitutes, or alternates, train at the highest levels to fill in where needed.

Junior Varsity Runners- This is the rest of the team. These are the next generation runners who will take over in the future. JV runners often alternate in and out with Varsity runners, depending on their times in meets.

III. Running Gear

“I thought he just needed a good pair of shoes.”

Shoes

A good pair of running shoes is absolutely the most important thing your runner needs for gear. It's generally best to go to a store that specializes in running in order to get the personalized attention your runner needs to get the right pair of shoes. Having the right running shoes is key to injury prevention. They don't have to be the most expensive shoe in the store. They just have to fit and feel right for your runner. Every runner has their brand that they swear by. However, every runner runs differently and that brand may not be the best for your runner.

A good pair of shoes will last 350-500 miles. It's a good idea to note when new shoes are purchased and track the mileage for each pair because worn out shoes can lead to injury. Always pay attention for excessive wear and tear. If the shoes still seem in good shape and are still comfortable, you can keep running in them but check the shoes periodically. Get rid of the shoes if they start to become uncomfortable, don't have as much padding or have reached 500 miles!

Water Bottle and Other Gear

Your runner should have something to drink for proper hydration. It is more difficult for runners to stay properly hydrated during school hours so a water bottle that they can carry around with them is recommended. For actual meets, booster club usually provides water and Gatorade for the kids to rehydrate.

It is recommended that your runner have a change of clothes at a meet. At local meets there are 4 races but at Invitationals there are more races. Your child will want to change after cooling down from their race. Socks are also important. Running socks that are non-cotton are recommended. They are light weight and designed to wick away perspiration.

Practices:

When school starts, regular practice begins at 5:15 am Monday – Saturday at the school. These are mandatory and coach should be notified if your child cannot make it. Every week of training during the season has a mix of hard and easy runs, a couple days of faster paced runs and one day featuring a long run. Each has a purpose such as increasing strength, endurance, speed or aerobic capacity.

The language of workouts:

Distance runs are steady-paced runs at a paced where your runner can talk. These runs are longer than the races. The primary purpose of these runs is to gain endurance and to provide a day of recovery.

Intervals are workouts where after jogging a warm-up the runners will run fast for one to six minutes then jog to recover. Primary purpose of these runs is to improve running efficiency, strength and speed.

Threshold runs begin with a couple mile of jogging and then have up to 25 minutes of very fast continuous running and then conclude with a couple of miles of jogging. The primary purpose is to develop a tolerance to pain and efficiency at a race pace.

Taper runs are usually two easy miles and strides. They are usually run the day before races.

Cool-down: jogging after practice and meets for relaxation and elimination of waste products from leg muscles.

Recovery run: easy running the day after a workout or race

Stretching: exercises to loosen up the body for running.

Warm-up: jogging and stretching to limber up for running.

Core Exercises” The core- 29 muscles surrounding the middle of your body- is responsible for keeping you stable and strong. Core exercises strengthen your core muscles, including abs, back and pelvis.

V. How to Attend a Meet

“Cross Country: Where parents never stop running”

A cross country meet is something like a high-tech medieval fair. The athletes wear brightly colored clothing and often congregate under the same-colored tents, designating their school and team. Many are jogging around the grounds in groups, warming up for their races. Coaches are striding around the area with clipboards and timing devices. Parents are everywhere, milling around, trying to find the starting and finishing lines. And from all this chaos comes organization— athletes show up for their races at the appointed times and finish down to the tenth of a second.

Before the meet

So here’s how to navigate a meet. They are usually held in parks, on golf courses or, occasionally, on the grounds of a high school. Your runner will receive meet information to bring home about each out of town meet. You can also check the booster club Facebook for any meet information. Meets hosted by Gila Ridge will be held at Foothills Golf Course and Cibola hosts their meets at Wetlands Park.

An Activity Bus will transport runners to and from meets. It is recommended that your child rides the bus to and from the meet to help with the family atmosphere. If you plan on leaving a meet early with your runner be sure to inform Coach Senn or Coach Parker.

The runners should take care to minimize eating or drinking in the immediate hours before a race as it can lead to side stitches and vomiting. Experience is the only real guide and each runner will learn his/her own tolerance.

Scope out the site

Once you arrive, you need to determine where the starting line and finish line is for your runner’s race. You can also look around to see where the Gila Ridge camp is. At the finish line there is also a chute made of ropes or pennant flags just prior to the clock that the athletes run down to get to the finish line, so it’s hard to miss. The chute serves to narrow the line of runners into a single file line so that the order of finish is maintained correctly.

At most local meets, there are four races: Boys & Girls Varsity, Boys & Girls JV race. At invitationals there can be more race classes such as a Freshmen race and an elite varsity race.

You will be able to see your runner at the start of the race and the finish. There is usually a good spot somewhere else on the course to see the middle of the race and they often go past that spot twice. Just follow the crowd, as parents who have been there before will head in that direction. Sometimes these three spots (start, finish, and middle) are fairly far apart and you have to hustle to get there and back to see as much of the race as possible

What to do

You will get a glimpse of your runner as he/she runs by. Cheer for your runner and for all the other Hawks runners as they go by. You can cheer for the leaders, the stragglers and everyone in between if you wish—they all work so hard, everyone deserves all the cheering they can get! Cross Country is not a spectator sport so the runners don't get a lot of cheers from their school peers like a football game. It's important as a parent to encourage and cheer your runner as they run their hardest in extreme temperatures.

And don't forget to take lots of pictures of the runners—of all the runners, not just your child—These pictures can be uploaded to our Facebook page and enjoyed by all.

.At the end of the race, you should meet your runner and tell him/her what a good job he/she did, whether your child thinks so or not. Anyone who can finish a race has done a great job. Your child may look awful or even get sick to his/ her stomach, but everything will be all right in a few minutes. When this point is reached, your runner needs to do a cool-down run so the muscles don't seize up.

After the race

You can stay for as much of the meet as you want. It is expected that all the runners will stay through the entire meet and return to Gila Ridge as a group on the bus. If you need to

take your runner home right after his event, you need to inform the coaches, as they may have a form you need to sign. It gets upsetting when a lot of runners are not there at the end of the meet, and the coaches have no idea what has happened to them. The coaches are responsible for the safety of the kids and already have a lot on their minds, so make things easier for them by communicating with them!

You should tell your child that it is expected that the girls help clean up the camp and transport any equipment back to the bus in a cheerful manner. Same thing at set-up when they arrive. The coaches are busy with paperwork and the racing, and can use some help.

VI. How Teams and Runners Score at a Meet

“It’s a numbers game.”

As they say, timing is everything...

Baseball isn’t the only game known for all its statistics. Every time your child runs in a race, his/her performance is recorded and ranked. Many meets are large invitational meets and often the results can be on www.athleticnet.com Smaller meets will be posted on this site when Coach Senn is able to get the times in.

There are also team records and school records. Based on the lettering criteria that is set by the head coach, which she hands out at the beginning of each season, your child may earn a letter in cross country. . Lettering typically includes achieving a certain time in a race, and attending a certain percentage of practices and meets, as well as any other items deemed important by the head coach.

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What’s a good race time?

A good race time depends on a lot of factors: age of the athlete, physical maturity, genetics, race day weather conditions, training condition of the runner, mental attitude . . . even lunch that day. As a parent, you can check out what the top runners in each race category are achieving by looking at the results on www.athleticnet.com. Naturally, if your runner achieves an athletic letter, he/she will have pretty good race times. A big first goal is to break 20 minutes and any minute less in time after that is also a big achievement.

Team scoring

How is team scoring calculated for a meet? It's actually quite easy. The team with the lowest score wins. The score is derived by adding up the places of the first five runners from the team. Therefore, the lowest score attainable is if your team's runners finish in the first five spots (1st + 2nd + 3rd + 4th + 5th), which makes a score of 15. Your team's 6th and 7th runners can also contribute because they may "push back" the place of someone on an opposing team. For example, our 6th runner may beat another team's 5th runner, thereby causing the other team to have a higher score.

The runners are guided toward the finish line by the chute. The chute is a barrier separating the runners from the crowd. It can be some kind of fencing or simply string attached to stakes, but it functions to narrow down the stream of runners so that they come in one at a time. Officials make sure that the runners go down the chute in the order in which they finished. Then an official gives each runner a piece of paper with his place number marked on it, or the runners rip off a label they are issued for the race (and which is pinned to their uniform) and turn it in. The bottom line is that everyone is timed, given a number, and scored. Even the very last person from all the teams is timed which gives each participant a chance to get their own PR (personal record).

What teams and runners are at each meet?

It depends.

Gila Ridge competes in invitational meets along with local meets. These feature 10-15 teams from the area. Sometimes only a certain number of top runners go to these.

The 12 fastest team members race in the varsity race at the conference championship meet. The rest of the team has the opportunity to race in the JV race. The top 7 runners run at the section championship meet. There are also two alternates who are prepared to run in case of injury or illness by one of the top 7. At the section meet, if the team finishes in the top two positions, then the whole varsity team goes to the State Meet. Otherwise, only those individuals on our team finishing in the top ten go to the State Meet.

The true definition of success

In summary, there may be more than 100 runners in a JV race. Only one of these runners will win the race and receive a little piece of paper with a “1” on it, and possibly a ribbon or a medal. The true definition of success in running often has nothing to do with ribbons or medals. Every runner can feel good about a race. If your child has done his/her best in a particular race, has given it all he/she has, then--even if the time isn't as good as a previous race—success has been achieved. This sport is so demanding that only a rare few even choose to participate.

Runners who make the personal commitment to run six days a week are to be commended, no matter what their race times are. In addition, personal records (or PRs) are set each time your child beats his/her previous personal best time. These are the most important records of all!

VII. Team Events

“There is no ‘I’ in team.”

Running can be a very solitary sport, and many people enjoy the contemplative nature of running alone. However, part of the fun of cross country comes from being on a team. Running together naturally makes it a group event. But there are also events for the team members that don't involve running.

Team dinners

One of the ways that the team gets together and bonds is through team dinners. On nights before important meets, a potluck dinner is held at the school or a parent's house. Parents sign up to prepare and deliver food to the dinner, some stay to help set up and clean up. Otherwise, it is an event for the runners and their coaches. The runners get some down time to get to know each other and catch up with each other. Sometimes the younger runners don't think they will fit in at these dinners, but that is not true. Many of the older runners started out when they were young, too, and will happily welcome younger team members. Sometimes the new runners use these occasions to ask questions they have regarding cross country.

End-of-the-season banquet

The end-of-the-season banquet is the official end of the season. It is usually held after the State Meet, in mid-November. All the coaches, athletes and their families, and Athletic Office staff are invited. This is a really fun evening, which celebrates the efforts of the runners and their coaches over the season. In the past, a DVD has been produced, summarizing the season. The athletes are recognized with awards—both serious and funny.

VIII. How Parents Can Participate

“What can I do? I’m not a runner.”

Attend mandatory parent/athlete meeting prior to season. Cross country running is definitely a participatory sport and you don’t even have to be a runner to participate! But first things first: there is a mandatory parent/athlete/coaches meeting held at Gila Ridge when the season begins. This meeting is a chance for parents and athletes to meet and hear from the coaches and captains. Very important information, schedules and packets are given out at this time. This is also the time for parents to sign up to volunteer their time and support for the team.

Team Dinners, Fundraising, Snacks

You can volunteer to prepare food for the team dinners, or help out the host. You can help with fundraising or organizing the team banquet—there are committees for all of these activities. You can make a monetary contribution for Gatorade, water and snacks for the meets. The best part is that you get to meet a great group of runners and their families when you get involved---and it’s a fun group!

Attend meets and take photographs

Going to the meets is a great way to participate. The athletes really appreciate the support, both for themselves and for the rest of the team. If you go to the meets, be sure to take lots of photos. These can be uploaded to our Facebook or used for Senior Gifts at the end of the year banquet.

Check with your runner

Ask your daughter for information. There are often handouts with schedules, results, awards, rules and rosters, not to mention order forms for official team photos and T-shirts. Initial information is handed out at the Mandatory Meeting in August. A lot of information is posted on our Facebook Page: Gila Ridge Hawks CC & Track Booster and updates are tweeted to the kids @hawkscctrack.

You can also participate by making sure that your runner is physically prepared. Make sure he/she is getting enough rest, especially a good night's sleep. Three other key areas are nutrition, hydration, and injuries.

IX. Nutrition

“I’m giving up pop.”

Your teenager may already seem like an eating machine, but eating takes on a whole new meaning when he/she starts to run. Good nutrition during training keeps young athletes' bodies healthy and speeds up repairs when stresses and strains happen. Proper food at the proper time fuels exercise and prevents bonking, the “mutiny on the body” that occurs when a runner's body starts to stall mid-race. Problem is, there is no one eating regimen, nutrition program, or energy bar that will guarantee success. In fact, if you get a group of runners, physiologists and nutritionists in the same room, you'll have a virtual food fight over training and nutrition for runners.

Ultimately, the best advice for high school runners is just what you've been telling them since they were little—eat healthy foods, three well-balanced meals a day, and cut out the pop and junk food. Beyond the tried and true eating adages, here are a few tips for fueling peak performance:

Calories: Lots of the right kind

Naturally your runner should eat three meals a day. Breakfast is very important and can be a whole-grain cereal with fruit and low-fat milk. Orange juice is also a good idea. If your child has an early morning practice, sometimes a glass of OJ is all he/she can

manage to get down and still have a good run. Then your runner can eat the nutritious breakfast when he/she returns.

Try to avoid purchasing school lunches. Much has been written about how high in fat and salt they are with lots of empty calories. A bag lunch with high-quality ingredients is a much better alternative. Protein is especially important as a component.

Dinner may often include pasta—runners really crave the carbs and their bodies need them for fuel. Don't forget the protein and vegetables. Milk and water are important hydrators. Snacks should be low fat and can have carbs. Fatty snacks like chips or doughnuts are going to make it hard to run the next day. A late night bowl of cereal is often a good choice. It's best not to eat anything less than three hours before racing or practicing. Eating too close to running can lead to side stitches, a painful but not serious condition.

Protein is important Most runners don't get enough protein, yet they need protein to replace amino acids burned during exercise and to repair muscles. As noted in Running Times magazine, endurance athletes need 0.55 to 0.75 grams of protein per pound of body weight, and teenage girls who compete may need as much a 0.8 to 0.9 grams of protein per pound. This means your runner should have some protein at every meal. Snacks should also contain protein. Some runners have a fruit smoothie or an ice cream malt everyday with protein powder added. Others drink a can of Ensure or a bottle of a commercially-made, yogurt-based fruit smoothie. A daily multi-vitamin can also be an asset.

In summary, a healthy, well-balanced diet featuring as few pre-made, processed foods as possible is optimum--and an important part of his training. Remember, look for nutrient dense foods and avoid foods with empty calories.

“You might be a cross country runner if...you haven’t had a soda in six months.”

Drink Up

Proper hydration is as important as proper intake of solid food. Water is the medium through which the body carries oxygen and nutrients to the cells and waste products away. It also plays a central role in regulating body temperature. “Dehydration is every athlete’s Achilles’ Heel,” says Chris Carmichael, who is Lance Armstrong’s trainer and an advisor to Olympic athletes around the world, (Food for Fitness, p. 169) He recommends that athletes consume a full gallon of fluids each day. This could be Gatorade, Powerade, milk, or water. Rather than slugging down huge amounts at once, he suggests taking a few gulps of water every 10 to 15 minutes, especially during exercise. Obviously, drinking enough fluids is particularly important in warm or hot weather.

Often runners drink only water in social situations where others may be drinking pop. It pays to have a lot of bottled water on hand! What is the big deal with pop? It’s the carbonation. There is a link between soft drinks (diet and regular) and poor bone health. One of the biggest problems is that soft drinks replace intake of milk, which is a good source of calcium. Additionally, carbonated drinks have a high phosphate content, which binds calcium in the bowel and reduces the absorption. Phosphate also forms acid in the bloodstream. Calcium is then released from the bone to maintain the calcium-phosphate balance and to counteract the acid in the bloodstream.

Eating and Drinking for Recovery

Immediately after a particularly hard work out or a race, there is small window of opportunity in which the body can replace its glycogen stores, according to long-time coach Bill Miles. Athletes who replace lost fluids and carbohydrates within the first 30 to 60 minutes after exercising recover more quickly than those who wait. If this opportunity is lost, the body will not be ready to restore this glycogen until 24 hours later and the next day’s training will suffer. The body benefits from 50 to 100 g of carbohydrates, 10 to 25 g of protein, and 24 to 32 ounces of fluid. (A PowerBar and a Gatorade, or a bagel with peanut butter and a Gatorade provide 50 g of carbs and 10 g of protein). This should be followed up with a good meal within two and a half hours.

X. Injuries

“My (fill in the blank) hurts!”

Sometimes injuries set in. When a runner begins running, either for the first time or after an extended lay-off, he/she will have sore leg muscles. This is normal and will go away after a few days. The third day is the worst; it should get better after that. Make sure your child knows to let the coaches and you know of her injuries or persistent aches.

What's normal?

Sometimes aches and pains develop. It's useful to consider the shoes first. Even though they may be the proper fit for her, her stride may make her a 'hard heel-striker'. In this case, new insoles or inserts can offer more protection. If her knees, hips or ankles start to hurt, it usually a good idea to start icing the area immediately—several times a day, for 10 minutes at a time. There are bags of ice available in the training area near the locker room at Gila Ridge, as well as a tub of iced water (ice bath) where the athletes can soak their sore legs. At home, it's useful to have a bag of frozen peas or corn in the freezer to use for icing. It's not unusual for athletes to take ibuprofen for the usual aches and pains. Blisters are another common complaint. Fortunately, new technology in bandaging has brought out the blister pack. A box of these can be purchased at Target. Each 'pack' is cut to fit the blister with almost instant relief!

What isn't normal?

The bottom line is that each child knows his/ her own body and should seek treatment as sees fit, but if your runner experiences a sharp pain or the pain lasts for three or four days, he/she definitely should see the EHS Athletic Trainer. Your runner should not try to run through sharp or persistent pain, as this may only aggravate an unknown condition. There is a trainer in the locker room at Gila Ridge. They will give your child an initial diagnosis and perhaps prescribe some treatment or recommend that your runner see a doctor. If your child does have to stop running while he/she heals, he may do cross training to maintain his aerobic conditioning. This could be riding an exercise bike or swimming, for example.

Injury nomenclature

Here are some terms describing injuries that you may commonly hear, but not be truly familiar with:

Shin splint: Overused muscle or inflammation of connective tissue on shins. It can be caused by poor conditioning or running on surfaces that are too hard.

Plantar fasciitis: Inflamed tissue at the point where the fascia connects to the heel bone. Ice, rest, strengthening and stretching are the keys to curing plantar fasciitis.

Achilles tendonitis: an inflammation of the Achilles tendon, or tiny microscopic tears in the tissue. The Achilles tendon connects the calf muscle to the heel bone. When it is stretched, it becomes swollen, painful and less flexible than normal. If not treated properly, it can become a chronic problem. Initially, rest, icing and possibly an anti-inflammatory such as Advil may be advised by the trainer.

Stress fracture: this is an internal bone injury that can be found in either the upper or lower leg. Small breakage or cracking of the bones occur, most commonly in the metatarsals or tibia. It is serious and needs at least 6 weeks of rest. See a professional.

Osgood-Schlatter Disease: a common cause of sore knees, especially in adolescents who are very athletic. It is caused by the pull of the quadriceps (thigh muscles) on the patellar tendon (just under the kneecap) where it attaches to the shinbone. This is a self-limiting condition which will remedy itself over time in most cases. It's worth getting it checked out by an orthopedic specialist to make sure there is no resulting bone damage.

Iliotibial Band Syndrome: The iliotibial band is a tendon-like portion of a muscle called the tensor fasciae latae, running down the outside of the thigh, from the hip to the knee. When inflamed, overused or tightened, it can cause pain either in the outside of the hip or the knee. The knee pain is a common condition called runner's knee. The best method of recovery is to do exercises which strengthen the surrounding muscles.

Side stitch: this is a muscle spasm under the ribs. It's very painful but is not a true injury, and you can run through it. It's best avoided by not eating within three hours of running and staying hydrated. HINT: If the runner experiences a stitch during a race, according to Men's Health magazine, he should, "continue running, but slow down. Contract abs and rib muscles, then take a deep breath in and out through pursed lips. Repeat."

XI. Fundraising

“another #\$%&* thing we have to sell”

Fundraising is one of the least favorite parts of cross country but is a necessity. To travel to the invitationals we need money. Each invitational has an entrance fee around \$300 or more and one bus is about \$1200.00. We also have costs for snacks, water, team dinners and the end of the year banquet. I prefer to get as much donated as possible but there are times I need to purchase the items.

Fundraising is mandatory for all runners. We try to get all our fundraising accomplished early in the season before any meets start so runners can concentrate on the races. The more successful the fundraisers, the less we have to do!

How you can help

Over see your runners fundraising. This does not mean do the fundraiser for them but check in with them to see how it is coming along and to make sure they are making their deadlines. If you're able to assist your child in the fundraiser by taking it to work, that is great.

Donate

Water and snacks are important to cross country running. Local meets are in the afternoon when it is hot out so having plenty of water, Gatorade and protein snacks help the runners to recover from their race. You can drop off donations of these items to the booster club to make sure they arrive at the meets.

Arizona Tax Credit

Arizona gives a tax credit for those who donate to a school activity. Up to \$200 for single/head of household filers and \$400 for married filing jointly filers. This money can be designated to a specific activity such as cross country and can be used for uniforms and transportation. With our transportation costs always the main cost for the season this helps out the team significantly.

There has been some confusion about the tax credit and how it works. Here is a little scenario to help explain it.

Bob is single and makes \$30,000 a year. He decides to do the AZ tax credit for his little sister's XC team. He can donate up to \$200 for the calendar year. When Bob files his taxes, his AZ Tax Return shows he had \$30,000 in income and has a tax liability of \$300 and according to his W-2 had \$350 withheld from his paycheck during the year.

Without Tax Credit:

Income: \$30,000
 Tax owed: \$300
 AZ Tax withheld (\$350.00)
 Refund amount: \$50.00

With AZ Tax Credit:

Income \$30,000
 Tax owed: \$300
 AZ Tax Credit: (\$200.00)
 AZ Tax withheld (\$350.00)
 Refund amount: \$250.00

The tax credit is applied to any tax liability before the amount of AZ tax withheld from your paycheck for the year is applied. It's a matter of giving the money to cross country or to AZ Department of Revenue.



Help the Gila Ridge Hawks XC Team Without it Costing You a Thing

How is that possible? Arizona allows state income taxpayers to receive a tax credit of up to \$400 for contributions made to public schools to support extracurricular activities.

Do I have to have a child enrolled in the school? No. Any Arizona state income taxpayer may make a contribution, even those who live outside Yuma Union High School District.

Do I have to donate \$400? No. The maximum amount in a tax year is \$400 for taxpayers who file Married Filing Jointly, and a \$200 maximum for Single/Head of Household filers.

Do I count this as a donation or a credit on my Arizona Income Tax Return? As a credit. Use Form 322 to take the full amount of your contribution as a dollar-for-dollar credit against your tax liability.

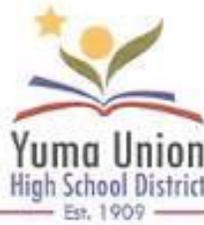
What if I don't owe any taxes when I file my tax return or my tax liability is less than my contribution? The credit is a non-refundable credit so it can only be used to the extent that it reduces your tax liability to zero. The credit can be carried forward for up to 5 years for any unused amounts.

What does it cost me? Nothing! It is your decision to give the money to the school to support extracurricular activities like the Cross Country team or give the money to the Arizona Department of Revenue.

[Donate Now](#)

Yuma Union High School District
3150 South Avenue A
Yuma, Arizona 85364
Ph: 928.502.4605
Fax: 928.344.9157

Toni Badone, Superintendent



Governing Board:
Teri Brooks
Bruce Gwynn
Yira Hoffmann
Linda Munk
Philip Townsend

YES, I/we want to donate to the Extra Curricular Activity Fund to enhance the education of the YUHSD students at:

- Cibola High School Kofa High School San Luis High School
 Vista High School Yuma High School Gila Ridge High School

Please place my donation in the following extra curricular funds:

Name of Activity	Amount
<u>Cross Country</u>	\$
<u>Track & Field</u>	\$
	\$

Please mail my receipt to the following address:

Name (please print)

Street or P.O. Box Number

City

State

Zip

Thank you:

Signature of Donor

Date

Phone Number

Taxpayers who file a tax return as single or head of household are eligible to receive a tax credit of up to \$200. Taxpayers who file as married filing a joint return may receive a tax credit of up to \$400.

Please make your check payable to: Yuma Union High School District. You may submit it to a campus bookstore or mail it to: Yuma Union High School District, Attn: Tax Credit, 3150 South Avenue A, Yuma, AZ 85364

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