

# NCA CROSSFIT TEAM



## WHEN

**Mondays and Thursdays after-school: starting SEPT 24th  
3:30-4:45**

## WHERE

**Meet in Miss Dolge's room and then we will head to the MPR**

**ACTIVITIES INCLUDE: RUNNING, STRENGTH TRAINING, CONDITIONING, 5K RACES, FUN RUNS, AND ANY OTHER FUN FITNESS-BASED ACTIVITIES .**

**CONTACT: MISS DOLGE WITH QUESTIONS  
KELSEY.DOLGE@NEWCENTURYACADEMY.COM**

**OPEN FOR 7-12  
AND CO-ED**

**PRACTICE AND  
COMPETE AS A  
TEAM.**

## PUSH YOURSELF

**"The world breaks everyone and afterward, many are strong in the broken places."**

## POTENTIAL 5KS

**Spooky sprint**

**Time Trials**

**Any other local 5k races**

**May have some race fees**

## REQUIREMENTS

- Physical on file with the school**
- Proper workout attire**
- Dedication**
- Heart**
- Perseverance**