

Cross Country



New Castle Christian Academy girls and boys Cross Country teams are open to students in grades 4-8. Participants compete against other area schools.

The many benefits to children of cross country include physical fitness, emotional and spiritual well-being, everyone competes regardless of ability, the children will be in great shape for the upcoming [Basketball](#) season, and running is a life-long sport they can carry with them into the future. Also, similar to [Archery](#), runners will have both team and individual goals to strive for and achieve. Finally, all you need to compete is a good pair of shoes, a lot of effort, and a big heart!

