

Davis High Cross Country Team Philosophy and Athlete Expectations

Philosophy

By choosing to participate in cross country at Davis Senior High, students are making a commitment of their time that requires discipline, motivation, teamwork and a good work ethic. Students are acknowledging that they can manage their academic responsibilities and other personal obligations while honoring the expectations and requirements of being on the cross country team. By choosing to participate in cross country an athlete may have to choose to forego other activities during the season.

Equipment Requirements

Athletes must have a watch with a chronograph function and good quality running shoes. We recommend shopping at Fleet Feet Sports in Davis for shoes and a watch. Running shoes should be used only for practice and races, and not for daily wear at school or in Physical Education classes.

Practice Schedule

Beginning August 15, the team will practice 5 days per week, Monday through Friday. Practice from August 15 through August 17 will be at 6:30 pm. Meet at the Community Pool Solar Panels. The team's training camp will be August 18-21 at Soda Springs. On Monday, August 22, practice will be at 6:30 pm. Beginning Tuesday, August 23 practice will be from 4:00 pm to 6:00 pm every day after school. Meet at the Community Pool Solar Panels.

Camp at Soda Springs

The team's training camp will be August 18-21 at Soda Springs. Attendance at camp is optional, but highly recommended. Athletes who wish to attend camp must commit to compete at the Delta Valley Conference Championships (10-29-11), the Sub-Section Championships (11-5-11), and the Section Championships (should you qualify 11-11-11). Space at camp may be limited.

Conflicts with Practice Time

The coaches recognize that some athletes may be participating in other **school sponsored** extracurricular activities during practice time. Under certain circumstances, with the coach's approval, athletes with scheduling conflicts may be accommodated. Early and proactive communication is very important with regard to practice attendance. It is expected that other optional after school activities that are **not school sponsored** will be scheduled so as not to conflict with cross country practice; attending practice should be the athlete's priority during the 4:00 pm to 6:00 pm time period. Examples of optional activities that need to be scheduled outside of cross country practice times include private music lessons, part time jobs, tutoring, test prep classes, and participating on club sports teams. Contact coach Bill if you need to talk about practice attendance.

Minimum Attendance

Athletes are expected to attend all practices. Athletes with conflicts during practice time, subject to coaches' advance approval, will be required to attend a minimum of 6 practices every two weeks to be eligible to participate on the team. See the special attendance requirements below for the Mt. SAC Invitational eligibility.

Requests to Excuse Absences

It is the athlete's responsibility to communicate about absences from practice due to illness or extenuating circumstances. Communication should be prior to practice, but no later than the evening of a missed practice. E-mail coach Bill to request that an absence be excused. Requests to be excused from practice that are delivered verbally for an athlete by a teammate will not be accepted. 3 unexcused absences will result in dismissal from the team.

Mt. SAC Cross Country Invitational

The team has a long tradition of traveling to Southern California for one of the premier high school cross country races in the nation. The meet is a key race in the schedule, serving as a benchmark for individual and team progress and preparing athletes for the conference, subsection, section, and state meet races at season's end.

Eligibility to Compete at the Mt. SAC Cross Country Invitational is by Coaches' Invitation.

Athletes can expect to be invited if they have honored the expectations of being on the team (see philosophy statement above), satisfy the Mt. SAC attendance requirement of attending practice a minimum of 7 days every two weeks, and have no unexcused absences throughout the season.