

Mt. SAC Information

Here is information about the Cross Country team trip to the Mt. SAC Invitational, the largest cross country meet in the World!

- Location: Mt. San Antonio College, Walnut, CA
Dates: Friday, October 21st through Sunday, October 23rd
Race time: Saturday morning, October 22nd
Cost: \$215 (includes transportation, lodging, and Disneyland admission)
\$195 if you worked at the Labor Day Race
Contact coach Bill if there is financial need
Checks payable to DHS Cross Country
Checks and Code of Conduct forms to coach Bill not later than Monday, October 17th
- Food: Athletes are responsible for purchasing their own meals. It is suggested that each athlete bring \$30 to \$50 for meals depending on appetite and taste. **Athletes should bring a sack lunch for Friday if they wish to save money.**
- Incidentals: Athletes should bring money for incidentals and souvenirs if they plan on those purchases.
Phone: No long distance calling from motel rooms. A pay phone is available. It is suggested that athletes consider bringing a phone card if they don't have a cell phone. Parents who call the motel can be transferred to their athlete's room.
- Water: **Every athlete needs to bring a water bottle.** Please mark or identify your water bottle.
Clothing: Weather this time of year is variable, **bring clothing for warm and cool weather.** Bring uniform, clothing for travel and Disneyland. There is a pool and spa at the motel.
- Homework: **Athletes bring your homework!** Get Friday's assignments on Wed or Thurs before departure.
Lodging: Ramada Maingate Saga Inn
1650 S. Harbor Blvd.
Anaheim CA 92802
714 772-0440 **Please leave hotel information home for your parents**

Itinerary

Friday, October 21st

- 5:45 AM Arrive at Davis High parking lot by Veteran's Theater
- 6:00 AM Bus departs for Anaheim
- 2:30 PM Arrive Anaheim
- 4:00 PM Stretch, short run, strides
- 6:30 PM Dinner
- 9:00 PM In rooms
- 9:30 PM Lights out

Saturday, October 22nd

- AM departure for Mt. SAC
- Return to Anaheim early afternoon
- PM Disneyland

Sunday, October 23rd

- 7:00 AM Wake Up and Breakfast
- 8:30 AM Bus Departs Anaheim
- 5:00 PM Bus Arrives Davis (tentative – depends on traffic and actual departure time)

**DHS Cross-Country Team
Mt. SAC Invitational
Code of Conduct and Consent Form
October 5, 2011**

This form must be signed by both athlete and a parent and returned to a coach before departing for Mt. SAC.

On October 21-23, 2011, the DHS Cross Country Team will travel to southern California to participate in a school sponsored event, the Mt. SAC Invitational cross country meet. During these three days, athletes will travel on a chartered bus, stay in hotel accommodations, participate in the meet, visit Disneyland and eat and recreate together. As a condition for participating in this event, all athletes and their parents must agree to this code of conduct (below). All athletes must take responsibility for their own behavior and be a supporting influence toward other athletes to uphold this code of conduct.

Athletes, it is expected that you will:

- demonstrate exemplary behavior;
- be polite and respect others' space and privacy;
- respect the property of others including the property of all facilities we visit;
- follow the directions and respect the authority of coaches, chaperones and all representatives of the facilities we visit;
- follow the rules to be established by the team including curfew and room visitation;
- understand the expectations and consequences for student behavior as established in the DJUSD Student Planner.

The athletes have worked hard to prepare themselves physically and emotionally to race in cross-country and we have worked hard to prepare them to excel in the final races of the season, including Mt. SAC, League, Subsection, and Section Championships. Anything that interferes with these goals, including distractions relating to conduct, particularly at this time in the season, is taken very seriously.

Sincerely,

Bill Gregg, Head Coach

Tracy Bennett, Assistant Coach

I have read and understand the code of conduct for the cross country team's trip to Mt. SAC.

Athlete signature: _____

Consent is given for the above named Davis High School athlete to travel to Anaheim and Walnut, CA for Cross Country competition on Saturday, October 22nd. Athletes will depart Davis on Friday, October 21st and return to Davis on Sunday, October 23rd. Should it be necessary, consent is given for medical treatment. (Coaches will have consent forms and insurance information in their possession.)

Parents, by signing you support the code of conduct and will accept the judgment and determinations of the coaches concerning your athlete(s). By signing, you agree to pickup or arrange the immediate transportation of your athlete back to Davis should it become necessary because of serious code of conduct infractions.

Parent signature: _____

Coaches have home phone numbers for all athletes. Please provide alternative phone numbers below if available and appropriate for this weekend (cell, pager, etc.)