

Davis High Cross Country 2018

Team Philosophy and Athlete Expectations

Parents and Athletes: Please read this document carefully and completely.

Philosophy

Cross Country is a competitive athletic team at Davis Senior High for grades 9 through 12. By choosing to participate, students are making a commitment of their time that requires discipline, motivation, teamwork, and a strong 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 forego other activities that conflict with practice and competition. There are no tryouts based on running performance, however students will not be able to participate if they cannot meet the expectations described below.

Eligibility

Returning runners and students enrolled in Independent Lifetime Sports are required to attend practice five days per week and compete in all meets they are eligible for.

First year runners with conflicts during practice time and on race days, subject to coaches' advance approval, will be required to attend a minimum of three practices each week.

All athletes are required to attend Monday and Wednesday practices.

Communication and Information

Visit www.davisxc.com on the web. Updates and announcements will be e-mailed to athletes and parents and posted on the team's website. Students will need to check their e-mail on a regular basis.

Sports Clearance and Sports Physical

Sports Physicals must be dated June 1st or after to cover the 2018-2019 school year.

The online registration portal for Sport Clearances will open on June 1st. www.athleticclearance.com

Detailed information for Sports Clearance can be found at <https://dshs.djUSD.net/athletics>

Athletes must turn in their printed clearance to a coach prior to being allowed to practice.

Practice Schedule – official start of 2018 season

First day of official practice is Wednesday, August 15 at the Community Park Solar Panels.

Practice will be at 6:30 pm August 15, 16, 17, 22, 23, 24, 27, 28. No practice in Davis August 20 and 21.

The team's training camp at Bear Valley will be August 18-21.

Beginning Wednesday, August 29 practice will be from 4:00 pm to 6:00 pm every day after school. Meet at the Community Pool Solar Panels.

Camp at Bear Valley

The team's camp will be August 18-21 at Bear Valley. Athletes are eligible to attend camp, *space permitting* (1) if they have been running during the summer and have a level of fitness appropriate for camp and (2) if they commit to compete at the Delta League Championships (10-27-18), the Sub-Section Championships (11-3-18), and the Section Championships (11-10-18 should you qualify). Don't turn in a form to attend camp if you can't commit to these races.

Registration on XCStats.com

Athletes must have an account on XCStats.com in order for to be on the cross country team roster. New athletes need to create an account. Instructions for creating an account can be found at this URL:

<https://xcstats.com/docs/GettingStartedwithXCStats.pdf> The registration code is davis#1

Returning athletes need to login and update their account profile. XCStats uploads results after each meet and provides a wealth of data for runners to analyze their individual performances and track their improvement.

Training Logs on XCStats

XCStats has a very useful training log feature. A mobile app is available. All Davis High runners will be expected to maintain their training log on XCStats on a daily basis. Athletes not keeping their logs up to date will be subject to dismissal from the team.

Equipment Requirements

Athletes must have a watch with a chronograph function and good quality running shoes. Athletes arriving at practice without a watch will be dismissed from that practice and the absence will be unexcused. We recommend shopping at Fleet Feet Sports in Davis for shoes. Running shoes should be used only for practice and races, and not for daily wear at school or in Physical Education classes.

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 advance approval, athletes with scheduling conflicts may be accommodated. Early and proactive communication is very important with regard to practice attendance. Study time needs to be well managed. Too much homework is not an acceptable reason to miss practice. Contact coach Bill if you need to talk about conflicts with practice time.

Independent Lifetime Sports

Do not join the team if the primary reason for participating is to receive Physical Education credit through Independent Lifetime Sports. Athletes taking Independent Lifetime Sports for Physical Education credit are required to attend practice 5 days per week and compete in all races they are eligible for. Being a member of the cross country team will require much more time and effort than taking a regular physical education class.

Requests to Excuse Absences

It is the athlete's responsibility (not the athlete's parent) to communicate about absences from practice due to illness or extenuating circumstances. Communication should be at least 24 hours in advance, but no later than the evening of a missed practice. E-mail coach Tim using the XCStats e-mail function to request that an absence be excused. E-mails that are framed as a statement or notification of absence (not framed as a request to be excused) will not be accepted. Verbal requests to be excused from practice will not be accepted.

Three unexcused absences will result in dismissal from the team.

Parent Driver Forms

Most Saturday meets are parent drive events. Parent drivers must have forms turned in prior to transporting students to races. Parent Driver Forms are available at the Davis Senior High School website <http://dshs.djUSD.net> - click on the "Athletics" button on the right hand side of the top menu bar to access forms. Students will not be allowed to drive themselves to races.

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 and the world. 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.

Entries are limited for Mt. SAC by gender as follows: 10 freshmen, 10 sophomores, 10 JV (11th and 12th graders), and 7 Varsity. Athletes can expect to be invited to participate in this meet if they have honored the expectations of being on the team, have no unexcused absences throughout the season, and are in the top 10 for their grade/division/gender or top 7 varsity. In addition, first year runners will have to attend practice a minimum of 8 practices every two weeks.

Contact Information:

Bill Gregg – Head Coach

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