

Davis High Cross Country 2024

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 Athletics for P.E. credit (formally 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 2024-2025 school year.

The online registration portal for Sport Clearances is open. www.athleticclearance.com

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

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

Practice Schedule – official start of 2024 season

First day of official practice is Monday, August 19

August 19 5:00pm – 7:15pm Meet at Community Park Pool. Bring running gear, extra clothing, and swimwear

August 20 5:00pm – 8:00pm Meet at Community Park Pool. Bring running gear, extra clothing, and swimwear. **Agenda:** Ice Breakers and Team Building, Running, Swimming

August 21 5:00pm – 8:00pm Meet at Community Park Pool. Bring running gear, extra clothing, and swimwear. **Agenda:** Ice Breakers and Team Building, Running, Swimming

August 22 5:00pm – 8:00pm Meet at Community Park Pool. Bring running gear, extra clothing, and swimwear. **Agenda:** Running, Swimming, Pot-Luck or Pasta Feed (details via e-mail)

August 23 Easy run on your own.

August 24 Run on Pacific Crest Trail – Depart Davis 6:30am (Separate logistics e-mail to be sent)

August 25 Day off or short easy run on your own

August 26 **First day of School. Practices will be Monday-Friday 4:00pm - 6:00pm.**

All practices begin at the Track & Field Main Storage Shed. Use the main stadium entrance. Walk on east side of track to the shed. Athlete backpacks and musical instruments will be safely stored at the Track & Field Main Storage Shed.

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 (not parents). Athlete must include parent information when creating their account. Parents will receive an e-mail that will get them on the team's group e-mail list. 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.

Equipment Requirements

Athletes must have a watch with a chronograph function and good quality running shoes. Athletes arriving at practice without a watch may 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.

Outside Coaching from Running Club Teams/Coaches during the high school season

During the high school cross country season, athletes may not participate or compete on Running Club Teams or receive additional coaching and/or workouts from Club coaches or other individuals not connected to Davis High Cross Country.

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.

Athletics for Physical Education credit (formally Independent Lifetime Sports)

Do not join the team if the primary reason for participating is to receive Physical Education credit by enrolling in the Athletics class. Athletes receiving 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 can be filled out online by [clicking here](#). You will be asked to upload copies of your driver's license and proof of insurance. Students will not be allowed to drive themselves to races.

Contact Information:

Bill Gregg – Head Coach

bgregg@djud.net

530 304-9221 (please leave a message)

Tim Groth – Associate Head Coach

tgroth@djud.net