

**Davis High Cross Country 2016
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 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 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.

Sports Physicals, Sports Physical Packets, Parent Driver Forms

Sports Physicals must be completed and packets returned in order for athletes to be eligible to participate in practice and meets. Sports Physicals must be completed for each academic school year. Sports Paperwork can be turned in on Wednesday, August 3 from 6:00 pm to 8:00 pm in the North Gym lobby or in the Athletics Office during normal business hours. Sports Physical Packets, Emergency Forms, Student Alternate Transportation Forms, and 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. Athletics Department Phone: 530 757-5400 ext. 125 or 530 757-5400 ext. 111

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 are posted at www.davisxc.com. 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.

Practice Schedule – official start of 2016 season

Beginning August 15, the team will practice 5 days per week, Monday through Friday. Practice Monday, Tuesday, Wednesday, August 15-17 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. There will be no practice in Davis on Thursday and Friday, August 18-19 because of camp. Practice on Monday and Tuesday, August 22-23 will be at 6:30 pm. Beginning Wednesday, August 24 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. Athletes who apply to attend camp must commit to compete at the Delta Valley Conference Championships (10-29-16), the Sub-Section Championships (11-5-16), and the Section Championships (11-12-16 should you qualify). Don't apply to attend camp if you can't commit to these races. Space at camp is limited. The camp roster will be by Coaches' Invitation from submitted camp applications if there are more applications than beds.

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 3 practices every week to be eligible to participate on the team. Mondays and Wednesdays are required for all athletes. Study time needs to be well managed. Too much homework is not an acceptable reason to miss practice.

Independent Lifetime Sports

Please 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.

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 prior to practice, 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.

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, satisfy the Mt. SAC attendance requirement of attending practice a minimum of 8 days every two weeks, have no unexcused absences throughout the season, and are in the top 10 for their grade/division/gender or top 7 varsity.