

Cross Country Team Information

Thank you for your interest in running on our Cross Country Team!!

We do not have tryouts for Cross Country, but your athlete **MUST** have a completed [physical](#) turned in, have a completed [Rank One account](#) (with all files completed) in order to practice, AND a signed [Acknowledgement Form](#). These need to be completed by **August 20th**.

Our first practice will be Thursday, August 21st.

- Students may be dropped off in the back (bus ramp) at 6:45
- Early morning buses are available from Oak Ridge Elementary and Kaufman Elementary.
- Practice **begins** at 7:00, so athletes need to be here before that.

Proper Attire/what to bring

| You NEED to wear/bring: | You CANNOT wear: |
|--|--|
| <ul style="list-style-type: none">• Fingertip length athletic shorts• Short sleeve t-shirt or appropriate tank top (no spaghetti straps or crop tops)• Tennis shoes• Something to tie up long hair• Water bottle with your name on it• Another set of undergarments for after your shower• Extra socks and shoes for after practice (it's often wet/dewy in the morning) | <ul style="list-style-type: none">• Cut off shorts or spunks/Spandex• Jewelry (UIL rule)• A bad attitude |

Other Information:

- We practice Monday-Thursday mornings. **Our only Friday practice is August 22nd.**
No other Friday practices (we like to give your legs a break before a meet).
- Most of our meets are on Saturday mornings. We have one meet on a Friday and our District meet is on a Wednesday.
- Everyone can participate in practices, but in order to be eligible to travel to a meet with the team, runners need to be able to complete a timed 2 mile run in under 20 minutes for the first meet; the time requirements will change as the season progresses.
- Academics- In order to travel to meets, athletes must be eligible/passing all of their classes.
- Behavior- Misbehavior in class/hallways could impact whether or not an athlete is allowed to travel to a meet.
- Boys and girls will practice together.
- Your athlete may participate in both Cross Country and Football or Cross Country and Volleyball. If they are on either of those teams, have them speak with us about which days they should attend practices.

If you have any questions please reach out to [Coach Sorbo](#) or [Coach Villarreal](#).

Important Links:

[Physical Information](#)

[Rank One Information](#)

[Acknowledgment Form](#)