



**San Dimas High School  
Cross Country  
Handout  
2023**

## **San Dimas Cross Country**

The San Dimas Cross Country program is intended to accommodate runners of all levels. The focus is the development of the complete athlete with the goal of assembling a competitive team to represent the community of San Dimas. Essential to achieving this goal is the adherence to the code of standards established by the *National Interscholastic Federation*. Especially, its concept that competitive athletics augments the lessons learned in the classroom.

### **Expectations**

Athletes choosing to participate on the San Dimas Cross Country team must commit to challenge themselves. Athletes should approach the season with the understanding that they represent themselves, their family, their school, and the Community of San Dimas. As such, hard work, commitment and discipline are the pillars of success and will be reinforced throughout the season.

### **Practice Schedule**

**\*\*Athletes must be cleared medically and academically to practice and compete\*\***

Monday- 3:45 Pm - School  
Tuesday – 4:30 Pm - Various sites  
Wednesday- Runner motivated  
Thursday - 3:45 Pm - School.  
Friday- 3:45 Pm- School.  
Saturday-7:00 Am- Various sites

### **Equipment**

All runners should have a quality pair of running shoes and a wristwatch that contains a stopwatch function. It is also an advantage to have a pair of racing flats. San Dimas High School provides team jerseys and shorts.

### **Team Captain(s)**

With input from team members, the coaching staff selects the team captains. The Coaches select the team captains based on a combination of the following qualities: Commitment, discipline and ability to lead.

## Lettering

Athletes who practice and race with the varsity group earn varsity letters. It is **expected** that an athlete participates in 100% of eligible races and in at least 99% of practices. **Only these athletes will run Varsity in the League Meets and playoff competition.**

Athletes who practice and race with the development group earn either Frosh/Soph or Junior Varsity letters. It is **required** that an athlete participates in 100% of eligible races and at least in 90% of practices.

## Diet/Health

Improper diet, dehydration and lack of rest are the most common causes of fatigue and injuries for young runners. As such, it is important that runners eat well, rest, and maintain hydration throughout the day, especially during hot days.

## Competition Schedule

9/02/23	Saturday	Fastback Shootout	Mt. Sac College	8:00a	All
09/09/23	Saturday	Hadley Invitational	Tri City Park, Placentia	8:00a	All
9/20/23	Wednesday	League Meet #1	Bonelli Park	3:00p	All
10/11/23	Wednesday	League Meet #2	Bonelli Park	3:00p	All
10/20/23	Friday	Mt. Sac Invitational	Mt. Sac College	Noon	All
11/1/23	Wednesday	League Meet #3	Bonelli Park	3:00p	All
11/11/23	Saturday	CIF Prelims	Mt. Sac College	TBD	Varsity
11/18/23	Saturday	CIF Finals	Mt. Sac College	TBD	Varsity

SDHS provides **transportation** for all meets. Athletes board the bus at the front of the school and must return on the bus **unless a parent provides a completed District Transportation Release form.**

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