

WHY GIRLS CROSS COUNTRY?

Some frequently asked questions

1. WHAT IF I HAVE NEVER RUN BEFORE?

That's not a problem. We start you out doing what you can do.

2. IS IT HARD TO DO?

Yes, but that's why it's so rewarding. It toughens you mentally and physically and prepares you for life's challenges. It teaches you to be patient, focused and disciplined and you get to have fun and meet great lifelong friends.

3. DO YOU HAVE TO TRYOUT?

No, everyone participates who wants to as long as they have met participation minimums in summer and a minimum time trial standard.

4. IS IT TRUE YOU TAKE AWAY TRIPS?

Yes, every year our top people do a travel trip

5. IS IT HARD TO MEET PEOPLE?

Our Cross Country athletes and parents are an extremely friendly and positive group. We make extra efforts to include everyone, parents and athletes alike. It provides an instant support group when school begins. We have social activities in summer, "pasta parties" before meets and you will have "secret sister" that gives you little gifts.

6. HOW MUCH DOES IT COST?

For newcomers: loaned uniform, t-shirts and a voluntary donation for program are around \$250. Additionally, NO ONE is excluded for lack of funds including Girls Mammoth Camp, which is by invitation and encouraged but not mandatory, requested donation is around \$300.

7. HOW DOES THE SUMMER PRACTICE SCHEDULE WORK?

Under CIF rules, coaches can't lead practices until mid-July, but the summer is so crucial for beginning training that athletes and parents lead practices for the first three weeks; some mornings and evenings. Beginning July 20st, the coaches will be leading practices. Athletes are strongly encouraged to attend a minimum of 5 each week of the 7 offered, but athletes can pick which ones to match their schedules. Practices last around 1:45-2 hours. Summer practice cost is around \$140 to cover insurance, facilities use and to help pay coaches .

8. IS SUMMER PRACTICE REQUIRED?

Success at Cross Country necessitates involvement in the summer. Vacations can be worked around but consistent running is necessary to be safe and to progress. Athletes who are not serious about their commitment may be asked to leave.

9. I AM REALLY MORE INTERESTED IN TRACK AND FIELD, HOW CAN CROSS COUNTRY BENEFIT ME?

It would provide you with an excellent base of endurance and strength. We have many athletes who are jumpers, hurdles, and pole vaulters who enjoy cross country and know how much it helps them to prepare for Track and Field.

10. HOW LONG IS THE SEASON?

Summer practice begins in late June with athlete-led practices. Coach-led practices begin July 21st. The official season is from September thru November. Athletes can remain in the class and prepare for Track and Field, or transfer to a winter sport when the season is over.

11. SO HOW DO I SIGNUP??

Register for the 6th period Cross Country class and then contact Coach Sayles at CVHS at kensayles@outlook.com to have a summer schedule sent to you. Attend the NEWCOMERS meeting Sat June 20th 10:00 am at CVHS in Mrs Coach Sayles' Room K-5 (follow signs, enter K wing building Prior to theater and before baseball and soccer fields). Details on summer signup at meeting and in late Spring on our website at www.cougarsxc.com