

Cross-Country 2010 Information

Conditioning and tryouts begins **July 13th 2010 at 4 PM at Ocean & Montana Aves** and continues until school starts Tues., & Thurs. at 4:00 PM and Sat. at 9AM at Ocean & Montana Aves..
If you are away come when you return, see below for what to do until you can show up.

Bring: Samohi sports packet with filled out **parent permission form, medical clearance, emergency cards**, and other CIF forms which are available at the athletics office at Samohi and online at Samohi.org. You do not need to bring sport's fees at this time, they can be paid when you make the team. **You may not practice without the forms!**

Bring at least a **liter of** water with your name on it.

At the end of summer training there will be a 3-mile time trial. Incoming freshman girls will have to run 27:00 min. sophomore girls 26:00 minutes; junior girls 24:00 minutes; and senior girls 22 minutes. Freshman boys will need to run 24:00 minutes; sophomore boys 22:00 minutes; junior boys 21 minutes; and senior boys 20:00 minutes.

What to do before tryouts and summer conditioning begins.

Start running everyday! If you've never run before in any sport start with 20-30 minutes of continuous jogging. Walk when you must but try to run the entire time. When you can go 30 minutes without stopping everyday begin to make every other day 40-45 minutes at a faster pace. To be in shape for a three mile race requires that you work on running six days each week. The shortest workout once the season starts is three miles and most are longer, for some up to ten miles! You show your commitment by coming in shape.

If you are away at camp or on vacation you still need to get into shape to make the qualifying standards. You cannot show up in September and expect to get into shape. The cross-country season is ten weeks long and there will be no time to work your self into racing shape.

What about other Sports and Activities?

You are encouraged to try out for other Samohi sports that compete during the winter. By the time cross-country conditioning starts you should know if you've made those teams. If you play on a non-school team you might have to choose not to do cross-country or your other sport in the fall. Cross-country workouts are vigorous and doing two sports in one season more often than not leads to injuries. Two sports also leads to conflicts when both teams compete on the same day. Usually we can accommodate musicians in the Samohi Orchestra but Marching Band and CC conflict and you need to choose to march or run.

Commitment to Cross-country

The season starts the first weekend of September and will continue at least until Ocean League finals during the first week of November. CIF competition continues until Thanksgiving weekend for those who qualify.

There will be one competition per week with about half the races on weekdays and half on Saturdays. All participants are required to run in every meet. We expect that you can balance your studies and running so you can practice and compete.

Contacts

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