



# DR. JOAQUÍN GARCÍA

## HIGH SCHOOL



### 2025 Boys and Girls Cross Country

The following are the expectations for the 2025 Cross Country season.

#### A. Tryouts

1. Each athlete will have two opportunities (1600m time trial & 3200m time trial) to meet the minimum time standard to make the 2025 Cross Country Team. **NEED TO ATTEND ENTIRE WEEK (8/19-8/22)**
  - a. Goal Times: Boys - 9:00 (1600m) / 18:00 (3200m)  
Girls - 10:00 (1600m) / 20:00 (3200m)

#### B. ATTENDANCE FOR PRACTICES & COMPETITIONS

1. **PRACTICE TIMES** Monday - Friday 3:15 - 5:00-5:30 pm at Dr. Garcia.
2. Each athlete is expected to be on time and ready to run for practices and meets. What does being ready mean?
  - a. Meet outside the cafeteria before getting changed in locker rooms at 3:05pm. Warm up begins **AT** 3:15 pm., or shortly after team meetings.
  - b. You ate all meals and snacks and are hydrated (drinking throughout the day).
  - c. You have apparel appropriate for the workout conditions. (Moisture wicking socks, running shorts, sports bra, and proper fitted training shoes).
  - d. Water bottle for practice.
  - e. Post workout snack and drink (preferably a sports drink).
3. Please make every effort to schedule your time so there are **no conflicts with practices and meets**. If a valid reason for missing practice or a meet exists, you must notify Coach Barry, Coach Callahan, Coach Mora, or Coach Raffaelli ASAP prior to the practice or meet that will be missed. Runners are expected to be at every practice / competition / fundraiser.
  - a. **Academics** While academics take priority over athletics; it is not an excuse for missing athletic team practices and meets. Athletics actually help students' to budget time; with practice ending at 5:00-5:30 pm there is ample time to get your homework completed.
  - b. **Social-Sporting Events** Not an excuse for missing practice.
  - c. **Sickness** If you are sick from school or get sent home from school you are not allowed to attend practice and might not be allowed to compete in the competition for the week. Menstrual cycle is not an excuse for missing practice.
  - d. **Family/Religious Conflicts** A note from parent/guardian must be presented to Coach Barry or Coach Callahan prior to an anticipated conflict in order to miss a practice or meet for family and religious reasons.
  - e. **Injuries** Will be dealt with on a case by case basis.
4. **Consequences of missing practice without prior approval** The runner may not compete in the meet for the week. You will be expected to attend the meet and aid in taking splits and team camaraderie. Additional offenses will result in team suspension(s) and possible dismissal from the team.
5. **Consequences of being late to practice without prior approval will result in progressive discipline.** First offense is your warning. Second offense will result in not being able to compete in the upcoming meet. Additional offenses will result in team suspension(s) and possible dismissal from the team.

#### C. Competition Requirements/Guidelines

1. There are 7 athletes on Varsity and Unlimited athletes on JV (except Invitational Meets which may have a 10 person limit on JV and/or time standards).
  - a. JV and Varsity placement are based on weekly workout sessions **AND** meet performances.
2. In the interest of the athletes' safety, the coaches reserve the right to hold any athlete out of competition who is unable to satisfactorily complete a proceeding weekly workout session.
3. You are expected to stay for all Varsity and JV races we are participating in and awards if applicable.
4. Academic Qualifications
  - a. Failure in 1 class and 2 or more D's may render an athlete ineligible to compete until grades improve.
  - b. Continual academic failures will result in dismissal from the team.



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#### D. Student/Athlete Paperwork & Financial Obligations

1. All students/athletes must submit their athletic eligibility forms complete with medical release, parent signatures, and proper notarizations, concussion course certification. In order to try out a student must have this paperwork completed. (Aktivate is the new system for submitting this information)
2. \$75 School District of PB County Athletic Insurance (*Works for all 3 Seasons - Fall/Winter/Spring*)
  - a. **\$250: Team Obligation:** Uniforms, Warm-Ups, T-Shirts, Entrance Fee for Meets, Local Travel Expenses, and team building activities. **ALL** members of the team are obligated to pay the amount in its entirety.
  - b. This obligation will have fundraising opportunities made to students (banner sales & team fundraiser(s)).
    - Bulldog XC Invitational Meet (9/7)
    - SNAP-Raise Fundraiser (Kickoff date TBD)
  - c. Parents have the opportunity to pay for the Team Obligation; this **DOES NOT** exclude an athlete from taking part in the team fundraisers (Bulldog Invite & SNAP-Raise Fundraiser).
  - d. If a runner is removed from or quits the Dr. Garcia XC team, the financial obligation is still due.

#### E. Varsity Letter Requirements

1. The attainment of a Varsity Letter in Cross Country is earned by scoring in a varsity competition.

#### F. Captain Eligibility

1. In order for a runner to be eligible to be a captain, they must be a junior or senior that has participated in cross country for at least one season.
2. Each year, with the team vote and coaches' input captain(s) that show exceptional leadership skills and are great team players will be chosen.
3. Captain(s) must maintain good standing with the team and coaches to maintain their position. Per school rule an Honor Code violation will result in removal from the Captain position.
4. Captain(s) are an extension of the coaching staff and the vision of excellence Dr. Garcia Cross Country represents.

#### G. Parent/Guardian & Coaches Expectations

1. Success for the Cross Country program relies on support and communication. We believe that each person shares equal responsibility, but has a different role.
2. **Parent/Guardian**
  - a. Your support is crucial in their development, motivation, and success.
  - b. Any parent/guardian who has a concern about our coaching/teaching style should schedule an appointment through Coach Barry, Coach Callahan, Coach Mora, Coach Raffaelli, or with Mrs. Romero in the Athletics/Activities Office.
  - c. For meets parents/guardians are encouraged to sign up and assist in driving, providing cold wash clothes post race, water for the finish, team camp set up & breakdown, providing fruit and snacks following competition, and other assistance as needed.
  - d. Each runner trains based on their experience and performance. Please be patient with your child's progress.
  - e. Please make the coaching staff aware of medical conditions.
  - f. Those parents who will be picking up your student from Dr. Garcia after practice must make arrangements for the athlete to be picked up no later than 5:30pm.
3. **Coaches**
  - a. An environment for athletic success based on experience, research, and sport guidelines.
  - b. The athletes will be treated with respect and positive reinforcement.
  - c. Are available for communication with athletes and parents/guardians.
  - d. Are role models.

#### Commitment Signatures

*"Every obstacle is an opportunity to prove to yourself that you are stronger than you think." – Deena Kastor*

Your signatures below will indicate that you and your parent/guardian(s) agree to the Rules & Expectations of Dr. Garcia Bulldog Cross Country.

Print Student Name: \_\_\_\_\_ Student's Signature \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_