



CROSS COUNTRY
Information for Prospective Runners for 2017

What is cross country?

- Cross country is a running sport that takes place on a measured course that ranges between 1.5 and 3 miles in distance. Cross country differs from the sport of track and field in that the running is done on a variety of terrains, most often parks and trails.

What is the object of cross country?

- As in golf, the object in cross country is to compete for the lowest score possible. In other words, a team that scores 21 points places ahead of a team that scores 34 points. Although 7-10 athletes from each team generally compete at the varsity level, and as many athletes as a team compete at the lower levels (e.g., JV and Frosh/Soph)-only the first five finishers are counted in determining a team's score. For instance, let's say that Steele Canyon's first five finishers place 1, 3, 4, 5, and 8 in a meet against Valhalla. Valhalla's first five finishers, in turn, place 2, 6, 7, 9, 10. Steele Canyon wins the meet 21 to 34.

Steele Canyon Valhalla

1	2
3	6
4	7
5	9
8	10
21 pts	34 pts

When is cross country season and when and where are practices and meets held?

- Cross country is a fall sport. Official team practice starts on *August 7 at 7:00 am* at the SC track and finishes in the middle of November. Practices are usually held every school day from about 3 to 5 pm. The team meets for practice near the track and runs both on and off campus. Meets are usually held on Fridays and Saturdays.

Is there a preseason running program over the summer?

Summer conditioning will take place on *Monday and Friday mornings at 8:00 am* at Steele Canyon Track and *Wednesday evenings at 5:30 pm* at different locations around

the county. The dates are from June 27 to August 5th. Just show up at SCHS in the parking lot next to the track. Don't forget to sign up for the popular Mountain Running Camp that takes place at Camp Laguna from August 11-13. For more info call or email Coach Connolly at 619-729-8889 or pconnolly@schscougars.org.

Why should I come out for the team?

- Running cross country is fun! Just talk to any of the guys or girls who have been part of our program. You will make lots of new friends and get to travel to meets around the county and state. The entire team will be traveling to L.A. for an overnight trip and run at the infamous Mt. SAC Invitational. The varsity team also plans to fly to San Francisco, spend two nights at Fisherman's Wharf, and compete at the Stanford Invitational in Palo Alto. In addition to making friends and traveling, running cross country is also a great way to get in shape for your favorite winter and spring sports.

Am I good enough to make the team?

- Yes. We don't cut athletes. Last year's team was approximately 100 runners strong. If you work out with the team, you will get to compete in the meets. NO ONE SITS THE BENCH IN CROSS COUNTRY! We can run 7-10 athletes at the varsity level, and as many as we want at the junior varsity level. Indicators for potential success are:

- If you were one of the faster kids at your school, especially at longer runs. Soccer and basketball players usually do well!
- Work ethic...If you are not afraid of working hard and doing your best, you can expect to do well. Over the long run (pardon the pun!), this is probably the most important attribute.
- Good grades. Most successful cross country runners earn a B average or better in their classes.
- Lean body type.

What are the workouts like?

- *The workouts vary depending on your experience, ability, and current fitness level. You will be working out with athletes that are your same level. A typical workout for a beginning runner is jogging for 10 minutes....stretching....running for another 10-30 minutes. ...then stretching again. We also try to lift weights or do some strength training at least two days a week.*

Can I expect to keep my grades up while participating in cross country?

- *Cross country running seems to make good students, and good students seem to make good cross country runners. Last year's team had an overall grade point average above 3.5 (B+). Several runners earned higher than a 4.0 grade point average.*

Educational research has shown that students who participate in after school sports or extracurricular activities actually do better in school than those who do not participate!

What do I need to do to come out for the team or get more Information?

- *Fill out an athletic clearance packet by downloading one from the SCHS website www.schscougars.org go to Parents tab and pull down Athletic Clearance Packet), get a physical exam, and turn in all completed, required paperwork to the Finance Office. For further information, contact Head Girls Coach Pat Connolly pconnolly@schscougars.org 619-660-3605 (SCHS) or Head Boys Coach Gary Stathas gstathas@schscougars.org 619-660-3603 (SCHS). Both coaches are full-time teachers in the Exercise and Nutritional Sciences (ENS) Department at Steele Canyon.*