

IT TAKES COURAGE TO PUSH YOURSELF TO PLACES YOU HAVE NEVER BEEN BEFORE

Cougar Cross Country

Coaches

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Kristen-

Teams - Frosh-Soph Boys, Varsity Boys, Varsity Girls

NO CUTS NO BENCH NO EXPERIENCE REQUIRED

Not everyone can be a champion, but You can be part of a Team.



Cross Country Requirements

- A Willingness to Work for Your Team and Your Goals
- A good pair of running shoes
- A digital watch
- Attend practice daily
- Show up ready to give your best every day
- Completed athlete packet

FAQs

1. **What IS Cross Country?** A running sport in which teams compete to complete a course over open terrain. Courses may include grass, dirt, and woodland
2. **When is practice?** Monday-Friday immediately after school.
3. **How long is practice?** Usually about 90 minutes
4. **How much do we run?** Depends on your age and experience.
5. **Is it hard?** YES!
6. **Is the hard work worth it?** ABSOLUTELY!
7. **Are there cuts in cross country?** Generally no - as long as you attend practice and remain academically eligible.
8. **More Questions?** Contact any coach.

Important Websites


Athletic Clearance <https://jfk.scusd.edu/athletic-clearance>



Team Page - <https://www.athletic.net/team/776/cross-country/2023>



Tentative Schedule (Subject to Change)

 **2023 Season Calendar** ▼ + Add A Meet

Tue, Jun 27 ⌚ Optional Off Season Conditioning Program Begins

Mon, Jul 31 ⌚ Official Practice Starts

Sat, Aug 26 📅 Oakmont Invitational

Sat, Sep 2 📅 Del Oro Invite

Sat, Sep 9 📅 Josh Ruff Memorial Invitational

Sat, Sep 16 📅 Frogtown Invite 2023

Sat, Sep 23 📅 Goldmine Invitational- Hosted by Placer XC


Sat, Sep 30 📅 Tom Laythe Cross Country Inv.

Sun, Oct 1 ⌚ URBAN COW HALF MARATHON

Sat, Oct 14 📅 HOKA Postal Nationals 2023

Sat, Oct 14 📅 Wildfire Invitational

Sat, Oct 21 📅 Flat SAC Invitational

 Create Test Meet

Colored Dates? Add a Non-Meet Event Invites ▼ 