



**San Marino High School
Cross Country
Handout
2011**

San Marino Cross Country

The San Marino Cross Country program is intended to accommodate runners of all levels. The focus is the development of the complete athlete with the goal of assembling a competitive team to represent the community of San Marino. Essential to achieving this goal is the adherence to the code of standards established by the *National Interscholastic* Federation. Especially, its concept that competitive athletics augments the lessons learned in the classroom.

Expectations

Athletes choosing to participate on the San Marino Cross Country team must commit to challenge themselves. Athletes should approach the season with the understanding that they represent themselves, their family, their school, and the Community of San Marino. As such, hard work, commitment and discipline are the pillars of success and will be reinforced throughout the season.

Practice Schedule

****Athletes must be cleared by the school to participate in practice and competition****

Monday-6:00 Am - Lacy Park
Tuesday – 4:00 Pm - Lacy Park
Wednesday- 4:00 Pm - Lacy Park.
Thursday - 4:00 Pm - Lacy Park.
Friday- 2:30pm - School.
Saturday-7:15am- Arroyo Park.

Equipment

All runners should have a quality pair of running shoes and a wristwatch that contains a stopwatch function. It is also an advantage to have a pair of racing flats.

San Marino High School provides team jerseys; however, the athlete purchases team shorts and warm-ups. Please review the attached product sheet. All items will be available for purchase before and after the Parent meeting. Cash and checks payable to **San Marino High School Cross Country** will be accepted as payment.

Special Note

August 31, 2011 6:30pm

Shoe Night at Run With Us

Racing Flats 15% off, 20% of Combo of training shoes/racing flats

Team Captain(s)

The coaching staff selects the team captains. The Coaches select the team captains based on a combination of the following qualities: Commitment, discipline and ability to lead.

Lettering

Athletes who practice and race with the varsity group earn varsity letters. It is expected that an athlete participates in 100% of eligible races and in at least 99% of practices. Only these athletes will run Varsity in the League Meets and playoff competition.

Athletes who practice and race with the development group earn either Frosh/Soph or Junior Varsity letters. It is required that an athlete participates in 100% of eligible races and at least in 90% of practices.

Grades

Athletes receive grades for their participation. This grade is based on attendance and completion. Roll is taken daily.

A	95% attendance
B	90% to 94.99% attendance
C	85% to 89.99% attendance

Homework consists of maintaining a daily running journal.

Dieting

Improper diet and lack of rest are the most common causes of fatigue and injuries for young runners. As such, it is important that runners eat well, rest, and maintain hydration throughout the day, especially during hot days.

Phil Ryan Invitational

The San Marino Cross Country team hosts this meet in honor of Coach Ryan. During his tenure, Coach Ryan led the cross-country program to numerous League titles, CIF appearances, and a State Championship. His dedication and enthusiasm was not only appreciated by opposing coaches, but also significantly inspired the athletes he coached.

To host this meet, we request that parents and friends assist. Please indicate what level of assistance you can provide by reviewing the sign-up sheet and indicating your availability.

Competition Schedule

9/10/11	Saturday	Bosco Tech Invitational	Sante Fe Dam	8:00a	All
9/14/11	Wednesday	Phil Ryan Invitational	Lacy Park	3:00p	All
9/17/11	Saturday	Mt. Carmel Invitational	San Diego	8:00a	All
9/22/11	Thursday	League Meet #1	Lacy Park	3:00p	All
10/13/11	Thursday	League Meet #2	Crescenta Valley Park	3:00p	All
10/21/11	Friday	Mt. Sac Invitational	Mt. Sac College	2:00p	All
11/3/09	Thursday	League Meet #3	Crescenta Valley Park	3:00p	All
11/12/09	Saturday	CIF Prelims	Mt. Sac College	TBD	Varsity
11/19/09	Saturday	CIF Finals	Mt. Sac College	TBD	Varsity

SMHS provides transportation for meets not competed at Lacy Park. Athletes board the bus behind the girl's locker room (Bus Circle). Parent volunteer drivers will assist in transporting the athletes to the Mr. Carmel Invitational. Athletes secure their own transportation for meets competed at Lacy Park.

Coach Contact Information

Phone# (626) 260-7691

Email: emundo0418@msn.com

Equipment Form

Checks Payable to: San Marino High Cross Country

<u>Item</u>	<u>Cost</u>
Boys Racing Shorts	\$20.00
Girls Racing Shorts	\$20.00
Warm-up Top	\$20.00
Warm-up Pants	\$15.00
Gear Bag	\$25.00
Team T-Shirt	\$11.00

Parent Goodies (Limited supply)

Tote Bags	\$15.00
Parent Cap	\$20.00

***Racing shorts to be ordered according to size provided by the athlete.**