

# General Information

## 1. Eligibility

- A. A physical by the team physician or family doctor will be needed.
- B. A statement of insurance coverage must be recorded or CIF insurance must be purchased to participate.
- C. A parent and athlete signature verifying their reading and promise to keep the athletic code.
- D. Must maintain at least a “C” grade in all subjects (2.0)

## 2. Grading Procedure

- A. All grades will be determined on a point basis like all other physical education classes.
- B. A grade of “A” will be given to the athlete who: 1. Attending and for being on time for practices/meets on a regular basis. 2. Performance times well below the 20 minute cut off. 3. High scores (average) on fitness tests. 4. Finish “final test” under 2 hrs.
- C. A grade of “B”, “C”, or “D” can be given to the athlete who 1. often comes late to practices, misses a meet without notifying the coach, or for improper dress during P.E. class session after the season. 2. Never runs under 6 min. in the mile or 20 min. in 3 miles. 3. Fails any fitness tests.
- D. A grade “F” will be given to the athlete who is: 1. Tardy or miss practice regularly. 2. An act(s) of insubordination. 3. Dresses improperly for P.E. on a regular basis.

**E. All absences must be cleared by personal PARENT contact. If the athlete is at school during the day a parent call is needed the same day of absence. If this procedure is not followed that athlete can be suspended form a single meet.**

## 3. Lettering

- A. Any Athlete can receive a Varsity letter by doing one of the following 4(four) standards plus number 5 standard:
  - 1. Finish in the top 7 at least 50% of all meets.
  - 2. Run on the Varsity level at least 50% of all meets.
  - 3. Be a senior and have completed (3) full seasons as a qualified team member in the Dana Hills Cross Country Program.
  - 4. Run under 16 minutes (3miles) at least twice at anytime during the season.
  - 5. Must be in good standing with the coaching staff which includes not being sent home in training and/or competing in less than 6 meets during the season.

## 4. Trips

Jalama Training Trip – a 5 day concentration training/camping north of Santa Barbara  
Hawaii Trip – competing against high schools from the islands.  
Clovis (Fresno)-Woodward Park ---the state meet course