

## **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade Cross Country General Information**

### **Requirements to Participate**

- All students must have a completed physical form turned in prior to the start of the first schedule practice. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by mail or scanned email. Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: [sportsmedicine@vcs.net](mailto:sportsmedicine@vcs.net)
- Please have your child wear athletic shorts, athletic/running shoes and a dress code appropriate t-shirt for practice. PE Uniforms are acceptable as well. Students can change in the locker room or restroom after school.

### **Participation**

- Cross Country is a non-cut sport, so all students are accepted. Students that do not make a cut sport within the fall season are permitted to join the cross country team. In order to do so, they must report immediately to the first scheduled practice day after being released from the other team. We no longer accept roster additions after the last day in August.

### **Season info**

- General season timeframe is 8-9 weeks starting towards the end of August and ending in early to mid October.
- Commitment level for practices and meets will be Monday through Thursday after school approx. 3:15-4:30pm. Meet days can go a bit longer and can end around 5:30-6:00pm. The complete practice and meet schedule is typically posted by August 1<sup>st</sup>.
- There will be a uniform cost of \$35.00 that the students purchase from the school that is for them to keep. The date for purchase/distribution will be communicated directly from our coaching staff. Cost for the uniform will be billed directly to your child's account in the parent portal, so no payment is necessary at this time. If they have their uniform from a previous cross country or track and field season they can still wear it. Spandex shorts or VC Phys. Ed short complete the uniform. All spandex shorts must be navy or black and are purchased on your own.
- General Parent and Student information regarding the JH Cross Country can be found on the team page by clicking here: <https://www.vcs.net/page.cfm?p=1376>
- There will be a fee of \$75.00 that is charged to your child's account at the completion of the season that covers transportation, equipment, coaching stipends etc.
- Coaches info: Please contact Mr. Gill at [agill@vcs.net](mailto:agill@vcs.net) if you need contact information for our current set of coaches.

### **Physical Form**

[https://www.vcs.net/uploaded/athletics/Athletics\\_Physical\\_Form.pdf](https://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf)