**Spanish Fork High School**

**2023 Cross Country Team**

**Disclosure Statement**

**Head Coaches:** Darin Cable and Kris Cary

**Assistant Coaches:** Chelsea Romney, Brennen Woodward, Katie Phipps

**Team Website:** http://sfhstrack.weebly.com/cross-country.html#/

**Practices:** Weekdays (Mon, Tues, Wed, Thurs, Fri) @ 3:00 – 4:30

Unexcused practices means you will not be allowed to compete in the meet that week. Only excuses are sickness and other school excused activities.

**Meets:** We will have at least one meet per week from the week before school through the state meet which is Tuesday October 24th. The full schedule is posted to our cross country web site. http://sfhstrack.weebly.com/cross-country.html#/

**Activity Fees:** $110.00 payable to SFHS Financial Office OR

 $60.00 (if you have a uniform from SFHS track 2023)

**Additional Fees:**

Optional Fees for those who choose the following:

 Mountain Camp August 7th – 9th: $40

 Arizona Nike Regionals Nov 16-19(Varsity only): ≈$300

 California Footlocker Nov 29th - Dec 2nd: ≈$550

**Lettering:** Athletes may earn an athletic letter according to the coaches' discretion and by meeting the following requirements.

Automatic Lettering Criteria:

1. Run in a meet as a varsity competitor (top 7 finisher for the team in meets that allow unlimited runners) AND Run in the Region meet

All athletes can also qualify by meeting ALL of the following:

1. Top 12 finisher for the team in at least one race (must finish in top 67% of team)
2. Run in at least 5 meets (includes region meet)
3. Run in the Region Meet
4. Attend practices
5. Be a positive influence within the cross country team

**Team Rules:**

1. All Athletes are expected to maintain good attendance in all classes. Athletes need to have 3 or fewer detention hours in order to compete in meets.
2. All athletes must abide by the UHSAA Drug and Alcohol policy. Any violation will be grounds for dismissal or reprimand.
3. Harassment, hazing, or teasing will not be tolerated on the team, and may be subject to immediate dismissal from the team. Social Media- All social media posts must be positive and team building.  Comments that can be taken as negative, taunting, or harassing toward teammates, coaches, schoolmates, school administrators, referees, opposing teams, and fans will not be tolerated on social media (or any other communication media).  Remember that once you put a message out to any social media, it is there to stay and is easily tracked back to the originator.  Such negativity is detrimental to the team environment we are looking to build, and is punishable by means as decided appropriate by the coaching staff, including the possibility of dismissal from the team.
4. All athletes will exhibit good sportsmanship at all times towards teammates, opponents, coaches, and officials. Any poor sportsmanship will be grounds for disciplinary action.
5. It is the responsibility of each athlete to be aware of the meet schedule and calls to starting line.
6. Athletes are required to wear Spanish Fork High School issued uniform to all cross country meets to avoid disqualification. All uniforms must be turned in at the end of the season.
7. Athletes will be asked to participate in a fundraiser to help purchase uniforms and equipment. Part of their fundraising money may go directly toward their person fees.
8. Athletes need to have their required sport participation paperwork completed and turned in before they are allowed to compete.
9. If an athlete has suffered an injury they are required to bring all injuries, even minor, to the attention of the coaches. If they are under a doctor or trainers care, their activity in cross country must be cleared by the doctor or trainer.
10. Athletes need to have their required sport participation paperwork completed and turned in before they are allowed to compete.
11. Athletes who miss a practice will not be allowed to run in that weeks meet. Only excused absences are for high school specific activities or illness where you missed school.

**Spanish Fork High School**

2023 Cross Country Schedule

**Date** **Meet** **Bus Leaves First Race**

Wed Aug 2nd Parent Meeting Breakfast – SF Sports Park 7:15am

Mon-Wed Aug 7-9 Mountain Camp – Hobble Creek Canyon Suburbans 7:30am

Sat Aug 19th Pre-Region 7 @ SF Sports Park No Bus 8:00am

Sat Aug 26th UIAAA Invite @ SF Sports Park No Bus 8:00am

Fri Sept 1st Timpanogos Invite @ Lakeside Park Orem 7:15am 9:00am

Fri Sept 8th Spartan Invite @ Murray Park 1:30pm 3:30pm

Tues Sept 12th Sanpete Classic @ Fairview 2:00pm 4:00pm

Fri Sept 22nd TwiKnight Invite @ Art Dye AF 3:15pm 5:30pm

Mon Oct 2nd Region 7 Champs @ SF Sports Park No Bus 3:30pm

Tues Oct 10th State Divisionals @ Lakeside Orem 1:00pm 3:00pm

Tues Oct 24th State Championships @ Rose Park TBD TBD

Sat Oct 28th JV State Championships @ SF Sports Park No Bus 9:00am

**Post Season**

Sat Nov 6th UHSTCA Pre-Footlocker @ PG TBD

Sat Dec 2nd Footlocker West Regionals TBD

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Assistant Coaches: Chelsea Romney, Brennen Woodward, Katie Phipps

Note: All times are best guesses. We will update the team web site with firm times.

July 26, 2023

**SFHS 2023 Cross Country Trip Details**

**Mountain Camp, Springville Utah (Shadow Mountain Cabins)**

What: SFHS Team Mountain Camp – run, games, team building, lots of food

Transportation: School suburbans and parent vans

When: August 7th – 9th

Who: All runners

Cost: $40

Money Due: Thursday August 3rd

**Nike Southwest Regionals, Tempe Arizona**

What: Nike Southwest Regional Championships We organize this trip as a Club, so finances do not go through the high school. This allows us to keep the costs much lower and allows for the flexibility we need to make this such an amazing experience for the varsity athletes.

 Transportation: 12 passenger vans

 When: November 16th – 19th

 Who: Invited runners (varsity boys and girls teams)

 Cost: $350

 Money Due: November 10th

**Footlocker West California**

 What: Footlocker West Championships, Disneyland and Beach

 Transportation: Charter Bus

When: November 29th – December 2nd

 Who: All runners

 Cost: $670

 Money Due: September 28th $50 Deposit

 October 10th Remaining balance

Note: Doc updated on Sept 19 with actual costs for the Nike and Footlocker trips