

## Altadeña Panther Cross Country – 2022

All Online paperwork and physicals are required to be turned in before you may participate in practice. Turn in all paperwork and fees online. You will be cleared for the first practice by Ms. Saccoman once the registration process and payment is complete. You can access try-out and online registration information from your computer, tablet, or mobile device. To register, please visit <https://az-kyrene.intouchrecepting.com/>.

**TEAM POLICY:** Altadeña Cross Country team members participating in an outside running club or running/track team must suspend their participation in their club or team while they are members of our team. This is only for the duration of our season, which runs from August 22 through the Conference Meet (October 25th). We feel this is in the best interest of our student athletes, so as to strengthen team spirit unity, minimize the potential for mixed messages from too many sources, as well as reduce the risk of injury from overuse and overtraining. Unexcused absences may result in not being able to participate in the following meet, not excluding the District Conference.

### **PRACTICE SCHEDULE:**

**When:** Monday-Friday the **team begins running at 6:30am**. Locker rooms will be open at 6:15am and will not be open again until the end of practice.  
First practice is **Monday August 22nd**. Come with water, dressed out and ready to run!  
No Practice on Meet Days and any NO SCHOOL days.

**Where:** Upper parking lot drop off starting at 6:15am. Meet on the basketball courts. We run on campus and off, hitting the Desert Classic trail and local sidewalks.

**ATTENDANCE:** Athletes are **expected to be at every practice** unless ill or pre-excused by coaches.

If you have a practice conflict, inform coaches via email ahead of time. Unexcused absences may result in not being able to participate in any meets.

### **DETAILS:**

- **Parent Meeting immediately following the Intrasquad Meet on Tuesday, August 30<sup>th</sup>.**
- Changes will occur throughout the season and be communicated directly to the kids, and via email,
- What to bring: **LABEL EVERYTHING WITH ATHLETE'S NAME**
  1. swimsuit and towel to shower after practice
  2. plastic bag for wet clothes – this should come home EVERY day
  3. water bottle
  4. Breakfast – something with protein, not junk. Look at the sugar content; try to keep it low in sugar and high in protein. Examples: chocolate milk, peanut butter sandwich, banana, orange, egg burrito, yogurt.
- Lockers are available from the PE teachers, no locks needed.

### **MEETS:**

- **Intrasquad, Dual, and Tri Meets:** Athletes stay after school until the meet. We travel as a team by bus to away meets. Parents are responsible for transportation home – there is no bus returning to Altadeña.

## TEAM CALENDAR

Aug 30	Intrasquad Time Trial	4:30pm	Altadena Home Course
Aug 30	Parent Meeting	5:30 pm	Cafeteria
Sept 6	Meet #1 Aki & CMS	4:30pm	Home
Sept 13	Meet #2 Centennial (CMS)	4:30pm	at Centennial
Sept 20	Meet #3 Aprende	4:30pm	at Aprende
Sept 27	Meet #4 Akimel	4:30pm	Home
Oct 11	Meet #5 KMS	4:30pm	at KMS
Oct 18	Meet #6 Pueblo and KTA	4:30pm	Home
Oct 25	Conference Invitational Meet	4:15pm	at Pueblo

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