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Visit the team website at
dhsc.weebly.com for more
information.

What is Cross Country?

Cross Country (XC) is a fall sport where athletes compete against other runners in 3K - 5K races. Races include dual meets against 1 other team and invitationals with multiple teams competing at once.

It is a **TEAM** sport! Athletes will score points based on finish places while running for personal best times.

There are Varsity and JV races. Varsity athletes are determined by race time, *not* the number of years on the team.

When: August - Early November

Conditioning: June to August

Who:

Any Dakota student who has a current physical dated after April 15th of the previous year.

Why:

- ◆ To increase fitness and endurance and compete against other athletes. Meet new friends.
- ◆ Gain **speed** for soccer, basketball
- ◆ **Endurance** for soccer, swimming, wrestling
- ◆ **Strength** for baseball, volleyball, basketball



IN-SEASON PRACTICE:

During the school year, all practices will begin at 2:30 pm between the 9th grade center and the 10-12 building. Practice will last around 1.5 hours. Runners will run on average between 2 and 7 miles a day based on fitness level.

In poor weather conditions practice will be held on the indoor track located in the main (10-12) building.

Races

Races are held on Saturdays between the last weeks of August and the first weekend of November. There are a few races during the school week. Some races are for just 9th and 10th graders.

Do you have a job?

Schedule jobs or appointments for times later than 4:30 pm. Athletes on the team are expected to be at all practices and meets. Communication is key.

BRING A LOCK!

Athletes are able to keep belongings in the locker rooms. The only way to keep your belongings safe is to lock it up.



SUMMER CONDITIONING

Mid June to Mid August

Summer conditioning is open to any middle school or high school athlete who wants to build endurance and/or prepare for the cross country season. By the end of the summer athletes will be able to complete a 5K race.

Location: Between the 9th grade center and the 10-12 building. See schedule on back.

Team Camp

Every summer the cross country team hosts a 7 day camp for team members in good standing. During camp athletes will run twice a day, compete in team cup events, make new friends and learn about the sport.

Nutrition is #1:

To keep cross country athletes healthy nutrition is #1. Athletes will learn the

benefits of a well balanced diet containing protein, and carbohydrates as well as consistent hydration. You need food to fuel your body!

*Healthy athletes
are
strong athletes*



DHS Cross Country

Summer Conditioning Schedule:

All optional practices will meet between the 9th grade center and the 10-12 building.

Monday: 8 am

Tuesday: 8 am

Wednesday 8am

*Most Wednesdays are travel days to local parks and trails

Thursday: 8 am

Friday: 8 am

Saturday: 8 am

Sunday: TBD

**Running Smart and often is
the fastest way to achieving
your goals.**

***“The wise this to do is to
prepare for the unexpected.”
-Chinese Fortune Cookie***

**“To give anything less
than your best is
to sacrifice the gift.”**



Parents, We Need Your Help!

1. Attend the preseason parent meeting to learn about the team rules, fund-raising, and everyday operations of the team.
2. Help complete the following forms.
 - ◆ A current physical dated after April 15th of the previous year
 - ◆ Athletic Pay-to-Play fee
 - ◆ Athlete Code of Conduct
 - ◆ Life of an Athlete Survey
 - ◆ Impact Test (every two years)
 - ◆ Personal info form
3. Volunteer to support course monitoring at meets that Dakota hosts.

