

Sunny Hills TFXC 2023-24



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Coach Holloway's Big 3

- 1) Be on Time
- 2) Follow Instructions
- 3) 100% Effort

Athletic Clearance

In order to tryout or participate in any team practices you must be athletically cleared by Sunny Hills HS. Clearance steps can be found on the school website under Athletics at:

<https://www.fjuhsd.org/domain/1383>

Cross Country Tryouts

Thursday, August 17, 2023

3:45 - 5:00 pm @ SH Track

- Returners are required to run 2.5 miles without stopping / Newcomers are required to run 1.5 miles
- All XC team members automatically make the Track & Field team and can tryout for any event
- Practice for returners will begin on May 22nd. Newcomers will start on June 5th.

Track & Field Tryouts

December 2023 (2-3 days)

3:45 - 5:30 pm @ SH Track

- Events tested during tryouts: 100m / 200m / 400m / 800m / 100m Hurdles / Broad Jump
- Athletes from other sports will need to tryout after their season is complete
- Practice for non-Winter athletes will begin in January 2023

Summer Training Program

The Summer program for both sports will officially begin on Monday, June 5th and run until Thursday, July 6th. Morning (8:00 - 9:30 am) and evening sessions (6:00 - 7:30 pm) will be offered Monday - Thursday. A full donation of \$300 will include a t-shirt and 5 weeks of group practices outdoors and in the weight room. Donations can be made online to the school webstore or directly to Coach Holloway via cash or check (payable to: Sunny Hills HS).

Class Schedule Change

If you're accepted to either team and not enrolled in another sport, you will need to join our 6th period class. A schedule change request will be sent to your counselor upon joining the team.

Attendance Requirements

Starting next year, all team members not enrolled in another sport are required to join the 6th period class and must stay on-campus for the duration of the period (2:30 - 3:30 pm) Monday - Friday. This is a new school-wide rule.

Important Cross Country Dates

5/22/23: Returners begin Summer Training OYO

6/5/23 – 7/6/23: Team Summer Training Program

7/9/23 – 7/23/23: Captain's Camp (CIF dead period)

7/24/23 – 8/10/23: Pre-Season Practice (must be cleared during this period)

8/14/23: In-Season Practice begins

8/17/23: Tryouts

Tryout Steps for Newcomers

- 1) Fill out the TFXC New Athlete Form
- 2) Have a current athletic clearance on file with the school
- 3) Receive a confirmation email from Coach Holloway
- 4) Check your email for updates as tryout dates approach

SH TFXC New Athlete Form

