

## FOOTHILL CROSS COUNTRY 2011 GENERAL INFORMATION

Welcome to the 2011 Foothill High School Cross Country Program. We are anticipating another large group of runners, about 150 or so. In 2010, both the girls and boys teams qualified for CIF, and the girls continued post season to the California State Meet in Fresno finishing 4<sup>th</sup> in Division II and 10<sup>th</sup> overall. Our team website is [www.foothillxc.org](http://www.foothillxc.org). Photos and race information are uploaded regularly.

### Workouts, Races and Grades:

Once school starts (and we practice the first day of school) we workout Monday through Friday 2:00 to 4:30pm and Saturday mornings, when we do not have races. Most races are on Saturdays; a couple races are on weekdays. Please see the attached **revised schedule**. Grading for the class is based upon participation in practices and races. We do not grade on speed. **If you miss too many practices or races for reasons other than illness or injury, it may affect your grade.** If you have appointments, please schedule them as late in the day as possible. Your workout can be modified if you need to leave early. Athletes are expected to dress to work out every day we meet—rain or shine, minimum day, or any other exception to the normal routine. Coach Hagstrom will take and turn in roll to the attendance office daily! **If you ever need to leave school before 2:48pm, you need an early dismissal from the attendance office. Do not ask the coaches to let you go without one.**

You must ride the bus to all races if one is provided (no bus is provided for OC Champs). You may go home after a race with a parent after getting approval from a coach and checking out.

Most of the runners' competitive season will be over at League Finals (November 2<sup>nd</sup>) after that date we will meet from 2:00 to 2:48pm daily. All participants are required to dress out and participate in activities planned by the coaches. Your participation, or lack thereof, will affect your grade. Winter sport participants will transfer to their sport at this point, and spring sport participants to their off season program, if one is available.

### Clovis Invitational:

We will be traveling to the Clovis Invitational this year on Friday, October 7<sup>th</sup>, competing and returning on Saturday, October 8<sup>th</sup>. We will be taking up to 48 runners total. This is a very competitive race and offers an opportunity to run on the state meet course. **The cost of this trip is \$125.00** and includes chartered bus transportation, lodging, meals on Friday and Saturday breakfast. Please bring money for lunch on Saturday and souvenirs. If you would like to be considered for this trip, please pick up, fill out, and return the permission slip by September 6<sup>th</sup>.

### Orange County Championships (OC Champs):

We host this meet annually in Irvine Park—this year on Saturday, October 15<sup>th</sup>. As the host, we need parent and athlete volunteers to make it a successful event. Most of the jobs can be learned quickly. **Unfortunately parents will not be able to watch you during this meet. We cannot have jobs left unattended and have the event run smoothly.** I hope you understand and encourage your families to volunteer at this meet and attend our other competitions as well. We will hold planning meetings for OC Champs in September and October. **The PSAT is usually the same Saturday—an alternative testing date (the prior Wednesday) is offered.**

### League Finals and CIF:

Everyone participates in League Finals on Wednesday, November 2<sup>nd</sup>. The competitive season is completed for most of the team at this event. These athletes will continue to work out during 6<sup>th</sup> period for the remainder of the semester. Varsity level runners can qualify at League Finals for CIF competition by finishing 4<sup>th</sup> or higher in team standings. They can qualify week-to-week until the state meet on November 26<sup>th</sup>.

### Transportation Fee:

The school district charges all athletic participants a transportation fee of \$50. This fee should have been paid directly to the school during registration. Please do not give this fee to the coach or to the Boosters. If you did not pay at registration, you will receive a notice regarding payment at a later date. The above transportation fee is the only mandatory cost for participation in cross country.

### Booster Club:

Cross Country is **not** adequately funded by the school or district. **We rely on donations to maintain a quality program.** Please make all donations to "Foothill Cross Country Boosters" separate from any uniform or equipment orders. Please do not give a donation check to Coach Bell or any of the other coaches. These checks need to go directly to our Booster Club Treasurer.

### Uniforms:

We are using the same uniform supplier as the 2010/11 season, so **you can use your old uniform if you would like!** Samples of most items are available for viewing and sizing. New uniform tops can be purchased for \$36 or checked out

from Coach Bell. Checked out uniforms must be turned in at the end of the season, washed and in good condition, or you will be charged for it. We will use this same uniform for Track & Field in the spring and for Cross Country next fall.

Custom racing shorts with inseam lengths of 3" or 5" are available for the boys and girls at (\$38) and custom spandex (\$33) for the girls. You may also use your own **all-black shorts or spandex** for the races.

Basic black cotton training sweatshirts (\$30) and sweatpants (\$25) have been standardized, so the design will be the same year to year. These are not required, but they are recommended.

Competition warm-ups have been purchased for the team. These will be checked out based upon meeting a time standard. The time standard for the boys is under 17:00 and for the girls under 20:00 in the official 2011 season (Villa Park doesn't count). These will be checked out when the standard is met and returned at the end of the season. If you do not return the jacket and pants, you will be charged \$82 and \$46, respectively.

**Again, if you have your gear from prior years, you do not have to order new gear. Uniform tops may be checked out and returned at the end of the season.**

Any questions or comments? Please contact:

Head Coach, Matt Bell  
termat@pacbell.net  
(714) 271-4315

Booster Club President, Mario Vega  
Vega6@att.net  
(951) 553-1835

Booster Club Treasurer, Mary Stechmann  
mary-sgi@att.net  
(714) 838-7388  
18752 Muriel Place, Santa Ana, CA 92705

## **FOOTHILL CROSS COUNTRY 2011 COMPETITION SCHEDULE (as of 5/04/2011)**

Don Bosco Tech Invitational	09/10	8:00am	Santa Fe Dam Recreational Area, Irwindale
Woodbridge Invitational	09/17	4:00pm	Estancia High School, Costa Mesa
Century League Cluster	09/28	3:00pm	Irvine Regional Park, Orange
Brea Invitational	10/01	8:30am	Carbon Canyon Regional Park, Brea
Clovis Invitational	10/08	8:00am	Woodward Park, Fresno
OC XC Champs	10/15	8:00am	Irvine Regional Park, Orange
Mt SAC Invitational	10/22	2:00pm	Mt SAC, Walnut
Century League Finals	11/02	1:00pm	Yorba Regional Park, Yorba Linda
CIF Prelims ( <b>Varsity only</b> )	11/12	TBA	Mt SAC, Walnut
CIF Finals ( <b>Varsity only</b> )	11/19	TBA	Mt SAC, Walnut
California State Meet ( <b>Varsity only</b> )	11/26		Woodward Park, Fresno

## FOOTHILL CROSS COUNTRY 2011 ORDER FORM

Runner's Name \_\_\_\_\_

Parent Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

Phone(s) \_\_\_\_\_ Cell(s) \_\_\_\_\_

Runner's Email \_\_\_\_\_

Parent Email(s) \_\_\_\_\_

My athlete is planning on taking the makeup PSAT Wednesday, October 12<sup>th</sup>: **Yes? No?**  
 (Otherwise they miss competing in the Orange County Championships which we host.)

A uniform is required for participation in competition. If you have one from prior years in good condition, you do not need to purchase a new one.

**Only** racing tops are available to check out if you do not want to purchase one. This top will need to be returned at the end of season in good condition. If you intend on checking one out, please indicate size and write "checkout" on line.

	(Circle Size)						
Top @ \$36	XS	S	M	L	XL	2XL	_____
Unisex Nylon Shorts @ \$38							
3" inseam "Endurance"	XS	S	M	L	XL	2XL	_____
5" inseam "Field"	XS	S	M	L	XL	2XL	_____
Girls' Spandex "Dash" @ \$33	XS	S	M	L	XL		_____
Sweatpants @ \$25	XS	S	M	L	XL		_____
Sweatshirt @ \$30	XS	S	M	L	XL		_____
Team T-shirt (athletes)		S	M	L	XL		no charge
Team T-shirt @ \$12 (parents/fans/extras)		S	M	L	XL		_____

**TOTAL:** \_\_\_\_\_

Please make checks out to: **Foothill Cross Country Boosters**

Please send to: Mary Stechmann, Treasurer, 18752 Muriel Place, Santa Ana, CA 92705