

2020 El Modena High School Cross Country Information

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Due to the COVID-19 pandemic no start date for summer practice has been set. As the State, County and School District make decisions on when it will be safe for us to practice, we will update you with a practice schedule.

Returning athletes should run on their own, if it is safe to do so, and be in shape to run 8 miles by July.

There are no fitness requirements for incoming freshmen to join the team. It is recommended that they start running before team practice begins, again if it is safe to do so. If you have any other questions please contact us.

Dates that have been tentatively scheduled:

8/5/20 Alumni Race - Irvine Park @ 6:30pm
9/5/20 OPA for Time - El Modena High School @ 8:00am
9/30/20 League Preview - Yorba Regional Park @ 3:00pm
11/4/20 League Finals - Yorba Regional Park @ 1:00pm
11/13/20 CIF Prelims - Mt. SAC @ TBA
11/21/20 CIF Finals - Mt. SAC @ TBA
11/28/20 State - Woodward Park @ TBA

Cross Country 101:

Cross country races are traditionally run on three mile or five kilometer (3.1mi) courses. Most races take place in parks or on high school/college campuses. The varsity team is made up of 5-7 runners from any grade and can change race to race depending on how people are performing. Junior Varsity can have athletes from any grade on it but often it is made up of just juniors and seniors. Frosh/Soph can only have freshman or sophomores on it. A cross country team score is made up of the first five finishing places added together, lowest score wins. El Modena is in the North Hills League as part of the Century Conference. The other half of the conference is in the Crestview League. The top two varsity teams in each league move on to the California Interscholastic Federation (CIF) Southern Section Prelims.

Varsity:

To earn a varsity letter in cross country you must accomplish one of the following three things; 1. Make the CIF team. Up to ten runners make the CIF team where 8, 9, 10 train with the team as alternates. 2. Be one of the top five runners in a Varsity race 3 times. 3. Run 70% of the varsity races during the season.

Top 15 Club:

To motivate the athletes to work hard we will be rewarding top 15 club shirts to the top 15 runners. The top 15 will be established by points. Over summer points will be awarded as follows: Saturday-1pt; afternoon practice-1pt; timed runs - 1st five runners-5pt, next five-3pt, next five-1pt (each). Shirts will be handed out at the start of school but will continue to change hands until the end of the season. During school points will be awarded as follows: Saturday-1pt; morning/afternoon practice-1pt; timed runs - 1st five runners-5pt, next five-3pt, next five-1pt (each); races - 1st five runners-10pt, next five-6pt, next five-2pt (each). This is an award for performance and attendance.

Diet:

As a runner, you will be expending a lot of energy. To replace that energy, you need to eat. It is not only important to pay attention to what you eat, but also how much you eat. If you are eating the wrong food or not enough food, your body will not be able to perform at its top level. On top of eating, you need to hydrate, before and after working out.

Shoes:

Shoes are the most important item for a distance runner. The wrong shoe or a worn-down shoe can lead to injuries. If you are going to do cross country and distance track you need at least two pairs a year. I recommend that you have three pairs a year (June-September, October-January, February-May). Running shoes are different from gym/workout or tennis shoes. I recommend if it is your first time getting running shoes you should go to Snails Pace (1040 E Imperial Hwy, Brea, CA) because they will help you pick the right shoe for your running style. After that you can try to find the same shoe at your local store or online. Another store you can visit is Road Runner (1835 Newport Blvd, Ste A-101, Costa Mesa, CA).

Uniforms:

The El Modena Cross Country Team singlet will be provided to all athletes before the first competition. This uniform will be the responsibility of the runner until the end of the season at which time it will be returned in the same condition that it was received. Failure to return the uniform will result in the athlete being charged for replacement (\$50).

Shutterfly:

The El Modena cross country Shutterfly page is how we send information out to the whole team. It is also a place for people to share photos. To become a member of the page you need first make a Shutterfly account, if you don't already have one, then go to elmodenacrosscountry.shutterfly.com and request to become a member.

Alcohol and Other Drugs:

The policy for El Modena High School outlines that students may not engage in the consumption of alcohol or other drugs on campus or during campus events. Failure to meet this basic expectation will result in disciplinary action including, but not limited to, suspension and/or removal from the program. Participants of the Cross Country program are to maintain legal and ethical behavior while off-campus. If

it is brought to the attention of the coaching staff that a member of the program is experiencing difficulties maintaining legal and ethical behavior, the staff will reach out to the student in question.

Physicals:

To participate in any El Modena sports program, you need a physical on file. Physicals are good for a year, so it is best to get it done in the month of June. The first step for any athlete is to go to athleticclearance.com. If you are a returning athlete all you need to do is sign up for 2018 cross country and any other sport you plan on doing next year as well as update your profile with your new physical. New athletes need to create a profile and input all their information. Once your profile is updated/complete you need to print the form out, have a parent sign it and give it to the nurse in the health office at El Modena. Athletes that are not cleared physically by the first week of summer practice will not be allowed to participate in practice until they are cleared. If the athlete is not cleared by the second week of practice they will no longer be allowed to be a member of the cross country team for that season. Athletes may go to their regular physician or visit the local clinics listed below:

LOCAL CLINICS THAT COMPLETE ATHLETIC PHYSICALS

(Please be sure the physician dates the form)

Pacific Urgent Care 714-921-3870 Open daily 8 am to 8 pm
2115 N. Tustin Street Orange, CA 92865

\$25: bring Physical Form and mention El Modena

Hoag Urgent Care 714-389-3500 Open daily 8 am to 8 pm
2560 Bryan Ave Tustin, CA 92780

\$35: bring Physical Form

Hoag Urgent Care 714-602-2400 Open daily 8 am to 8 pm
5630 E. Santa Ana Canyon Road #100 Anaheim, CA 92807

\$35: bring Physical Form

Alta Med Urgent Care 888-499-9303 MWF 8-5; Tu/Th 9-5
4010 E. Chapman Avenue Orange, CA 92869

\$50 (unless qualify for special program): bring Physical Form