



2025 Cal High Cross-Country Team Information

Athletic Clearance: All athletes must be registered and cleared on Athletic Clearance to participate - no exceptions. Please be sure to check physical expiration dates, and registration **prior to the start of practices on August 11th.** Link to Athletic Clearance can be found on the [Cal High Athletics Website](#).

About Cross-Country: Cross-Country is an NFHS CIF-NCS fall sport. Athletes train to compete in races over a variety of terrain (primarily grass fields, and dirt trails), that cover anywhere from 2-3 miles. **Teams compete at three levels:** Varsity, JV, and Frosh/Soph. Team scores are calculated by the placement of the first five runners on each team (1st = 1pt, 2nd = 2pts, etc.) with the low score winning. New this year is a developmental recreation “rec” division, with the goal of developing student-athletes to competitions.

Athletes are initially placed in their respective division (Varsity, JV, Frosh/Soph, or Rec) based on their performance at the team time trial. Placement in each division is fluid based on meet/race results, as well as performance and attendance at practices, as evaluated by the coaching staff. Any grade level can compete at the varsity level, though only juniors and seniors may compete in the JV division. Forsh/Shop is limited to freshmen and sophomores.

Student athletes are placed in the “rec” division based on their performance at the initial team time trial. The goal of the rec division is to support athletes to move into competition divisions (Varsity, JV or Frosh/Soph). Athletes in the “rec” division will be evaluated on a weekly basis for movement to a competitive division. Student-Athletes placed in the “rec” division are still expected to participate in all team events, practices, and attend all meets.

Making the team: Week 1(8/11 - 8/16) acclamation and time trial on Monday 8/18. Time trial will determine initial placement on the team in one of three divisions Varsity (top 7-10), JV or Frosh-Soph: (depending on grade). Athletes must run the following standards to be placed in a competition team (Varsity, JV or Frosh/Soph): Boys 2 miles in 17:00 or under, Girls 2 miles in 19:00 or under. Athletes who run outside the standard will be placed on the “Rec” non racing, developmental team.

Attendance: Athletics is an extracurricular activity, and as such, it is the athletes responsibility to navigate this commitment. Attendance at all practices and races for which the athlete is qualified is mandatory. Athletes are expected to arrive early to prepare for the beginning of practice. All athletes must complete in full all of the prior week's practices to be eligible to compete in that weekend's meet (ex: unexcused absence on Monday = no competition on Saturday).

Absences: Athletes are allowed up to three “unexcused” absences from practices, or one regular season meet for which they are eligible before being excused from the team. Athletes will be excused (removed from the team roster / cut from the team) upon their fourth unexcused absences and/or second meet missed during the regular season.

Excused vs. Unexcused Absences: Excused absences are illness for which the student-athlete is unable to attend school, or family emergency. If the student-athlete is able to attend school, they are expected to attend practice. Unexcused absences, such as doctors appointments, vacations, etc. will count towards the three “allowable” absences for practice, and / or regular season meet.

Punctuality: All athletes, as a commitment to the team, are expected to arrive early for practices and meets. Arriving late three times (practice or meet) or leaving a practice or meet early will count as one unexcused absence, and will result in the athlete being removed from the next meet / competition. All athletes are expected to stay for the duration of each meet.

Meets and Races: Meets are on Saturdays, typically in the morning and progressing through the day. To participate in a meet/competition, athletes must successfully complete a week of practice prior to the meet to be considered eligible to compete. Meet registration and race assignments are determined by the coaches. All athletes are expected to arrive at least 90 minutes before the first race of the day (regardless if the athlete is racing in the first race). This gives all athletes time to preview the race course, receive race materials (bibs, timing chips, pins, etc), check-in with coaches, and coordinate with their race team for warmups, drills, report to the start line, and receive final instructions.

All athletes are expected to attend and stay for the duration of the meet. This ensures everyone gets in a proper cool down, check-in with coaches, support their teammates in other races, and are available for awards when applicable. **All athletes will compete in the EBAL**

Championship meet on Sat. Nov. 8th (note that this is a SAT Testing date). The top nine athletes on the team (seven, and two alternates) for boys and girls will continue on to the postseason (NCS). All qualified athletes will continue on to the CIF State Meet, as determined

by performance at NCS Championships. California High School competes in the East Bay Athletic League (EBAL) and Division 1 in North Coast Section (NCS) as determined by the schools attendance numbers.

Practice Times: We practice six days a week. See team handbook for attendance policy.

- **Monday, Tuesday, Thursday:** after school 4:00 - 6:00 pm at Cal High Track.
- **Wednesday:** after school: 2:30 - 4:30 pm at Cal High Track.
- **Friday** (Morning Practice!): before school 6:00am - 7:30am at Cal High Track.
- **Saturday** (non meet days): 8:00 - 10:00am at Sycamore Valley Park-and-Ride in Danville (link to location [HERE](#))

Weekday practices will start and finish at the Cal High track, visitor side, by the track barn.

Saturday long runs take place at Sycamore Valley Park and Ride in Danville ([location HERE](#)) every non-meet Saturday starting at 8:00 am.

Heat and Air-Quality: As announced by SRVUSD we are taking precautions to continue to monitor air quality and excessive heat, while working within the guidelines directed through the district, NCS, and CIF.

- In some instances we may option to hold practice in the morning, to avoid excessive heat, or may change or cancel practices due to poor air quality.
- All changes to practice times or cancellations will be announced via email and posted on the team's Google Classroom as soon as they are determined.
- Weekday cancellation of practice, for any reason, will be announced during lunch time, via email and posted on Google Classroom.
- Additional information can be found on the district website: ([linked HERE](#)) <https://www.srvusd.net/School-Safety/Safe-School-Programs/Air-Quality-Information/index.html>

Athletic PE: Non-Freshman Athletes may receive athletic PE upon the completion of their respective season. To qualify for athletic PE for Cross-Country, student-athletes must compete in all eligible meets during the season, including the EBAL Championships, be in good standing with attendance in all practices, and return any team issued apparel/gear in good condition.

Athletic PE forms must be submitted to the Head Coach for consideration before the end of season banquet. After that point, the season is officially considered closed.

Team Communication: All official team communications occur via email. Weekly team emails and updates will be sent out on Sunday evenings and posted on the team's google classroom.

Google Classroom: This year the team will be using Google Classroom (linked [HERE](#)) to post, communicate, and monitor athletes progress. All athletes are expected to join the Cal High XC google class using the join code: **ntwrnvv2**

Uniforms: Cross-country athletes are encouraged to purchase a team uniform prior to the start of the season. All athletes must have a team uniform to compete in meets and races. Athletes who are unable to purchase a team uniform may borrow one for the season. All borrowed uniforms must be returned in good condition at the end of season banquet (see calendar for date). Uniforms that have been borrowed and are lost or damaged will need to be replaced.

Team Apparel: Each season athletes are issued a team “meet shirt” which they are to wear at all competitions. Athletes do not need to return their season’s “meet shirt” and are encouraged to keep them.

Funding: Cross-Country, like all sports at Cal High, is a self funded program. A large portion of the team’s funding comes from voluntary donations, and through our team fundraiser SnapRaise. To make an anonymous voluntary donation to the program please visit our future funds link [HERE](#).

[Cross-Country Meet Schedule for 2025 \(SRVUSD Instructional Calendar\)](#)

NOTE: Meet schedule will be updated as meet information becomes available. **Meet info, and results are linked in the schedule below as they become available.** Click on the link in the schedule for additional information.

Fall SAT dates: 8/23, 9/13, 10/4, 11/8, 12/6

Picture day TBA: All athletes must wear their team uniform (singlet and shorts) to be in the team picture.

Mon. Aug. 11th - 1st day of practice, official start to the fall season - Practice starts at 4pm @ Cal High Track

Wed. Aug. 13th - 1st Day of School (Minimum Day) - Practice starts at 4pm @ Cal High Track

Thurs. Aug. 15th - 1st full day of school - Practice starts at 4pm @ Cal High Track

Mon. Aug. 18th - Time Trial - Athan Downs Park, San Ramon - 2 Miles **Last day to join the team.**

Tues. Aug. 19th - Team Meeting, Cal High Library - 6:30pm

Wed. Aug. 20th - [Team Handbook Due](#) - Acknowledgement Form Due (Must complete to continue on the team)

Fri. Aug. 22nd - Shoe Party at Sports Basement, San Ramon

Sat. Aug 30th - Scrimmage vs. AV, DV, and DLS @ Cal High - 7am

- All 3 divisions: Varsity, JV, and Frosh/Soph.
- Top ten from Time Trial to run in Varsity Division.

Mon. Sept. 1st - Labor Day - No School, Practice On Your Own (See team email for details)

Thurs. Sept. 4th - Sophomores and Freshman Goal Setting

Fri. Sept. 5th - Senior and Junior Goal Setting

Sat. Sept. 6th - [Saint Mary's Invitational](#), Saint Mary's College, Moraga - 7:00 am

- Frosh/Soph and Varsity Divisions Only. JV runners compete in the Varsity ace.

Sat. Sept. 20th - [De La Salle Nike Invitational](#), Newhall Park, Concord - 7:00am

- All 3 divisions: Varsity, JV, and Frosh/Soph.
- Site of EBAL Championships.

Sat. Sept. 27th - [Scott Bauhs Invitational](#), Shadow Cliffs Park, Pleasanton - 7:00am

- All 3 divisions: Varsity, JV, and Frosh/Soph.

Thur. Oct. 2nd - Homecoming Parade, Cal High (Minimum Day - Practice On Your Own)

Fri. Oct. 3rd - Homecoming, Cal High (No School - Team Practice 8:00 am)

Sat. Oct. 4th - [Wildcat Invitational](#), Dougherty Valley HS, San Ramon - 7:30am

- All 3 divisions: Varsity, JV, and Frosh/Soph.
- **SAT Testing Date**

Tues. Oct. 7th - Mid-Season Goal Check-in

Sat. Oct. 11th - [Clovis Invite](#), Woodward Park, Fresno - V

Sat. Oct. 25th - [Haystack Tune-Up](#), Hayward High School, Hayward - 7:00am

- All 3 divisions: Varsity, JV, and Frosh/Soph.

Tues. Oct. 28th - Team Color Clash, Cal High

Fri. Oct. 31st - Halloween - Practice at 4pm

Sat. Nov. 1st - No Sat. Practice (See Weekly Email for Details)

Thurs. Nov. 6th - Team Movie Night in Cal High Library (After Practice)

Sat. Nov. 8th - EBAL Championships, Newhall Park, Concord, CA - **9am Start Time**

- All 3 divisions: Varsity, JV, and Frosh/Soph.

SAT Testing Date - Pick Different Testing Date

Mon. Nov. 10th - No School, Practice On Your Own (See Weekly Email for Details)

Tues. Nov. 11th - Veterans Day / No School, Practice for NCS Varsity Athletes Only

Sat. Nov. 22nd - [NCS Championships](#), Hayward High School, Hayward - **Time TBA - V**

- Top 2 teams in division 1 qualify for CIF State Meet.
- Top 5 individuals on non-qualifying teams (who finish in the top 12) qualify for CIF.

Mon. Nov. 24th - Wed. Nov. 26th - Thanksgiving Break. Practices for qualified athletes, Mon - Wed. 8:00 am @ Cal HS Track

Sat. Nov. 29th - CIF State Championships, Woodward Park, Fresno - **Time TBA - Q**

TBA - End of Season Awards Banquet, Cal High Commons - Time TBA

V = Varsity Athletes Only

Q = Qualified Athletes Only

Coaches

Nick Shea: nshea@srvusd.net

Chris Coats: ccoats@srvusd.net

Carrie Chavez: cchavez@srvusd.net

Steve Chavez: schavez@srvusd.net

Brian Henderson: bhenderson2@srvusd.net

Team Parent

Laurie Aldape

calhighxcteamparent@gmail.com

202-714-0195

Team Info / Handbook Acknowledgement

Athletes and Parents/Guardians,

Please complete the attached form to acknowledge you have read and understand the team policies. **Form linked [HERE](#)**