

BHMS BOBCAT CROSS COUNTRY TEAM

2009

Description

The purpose of this program is to provide an introduction to the sport of cross country, or competitive distance running. This will be accomplished through skill development and an opportunity for athletes to participate in meets. This is a no-cut program.

Eligibility

The program is open to BHMS students of all grade levels. Returning students must have maintained a minimum 2.0 GPA, no U's in citizenship, and no suspensions from the fourth quarter of the previous school year to be eligible to participate.

Times/dates

The program will run from September 14th-October 16th. Practices will be held Monday-Thursday 3:30pm-4:30pm.

Transportation

An after school activity bus is available at 4:30pm to take students to their normal bus stops. Students are required to have their bus passes to board the bus.

Meet Schedule

- 🐾 Bernardo Heights Invite (at BHMS) October 1st, 4pm.
- 🐾 Oak Valley Invite (at Oak Valley Middle) October 7th, 4pm.
- 🐾 Mt. SAC Cross Country Invitational (at Mt. SAC) October 16th.

Note: The Mt. SAC meet is the highlight of our schedule and will require bus travel to Mt. SAC. There is a fee involved. This trip is optional, and we will have more information available as we put the trip together.

Clothing

Students are required to wear their P.E. uniform to all meets. Bottled water and good running shoes are highly recommended.

Coach

Kurt Vozely