



Boys Cross Country Dead Period Checklist

Dead period is a period of time where CIF says that coaches are not allowed to communicate with athletes about running. Boys Cross Country's dead period will be from **June 14** through **July 5**. Athletes are allowed to run together but can not report attendance or performance to the coaches during this time. Before the first day of summer practice, there are several things that need to be addressed.

- Physicals and Athletic Clearance
 - Physical clearance must be done through AthleticClearance.com. Confirmation sheets need to be printed out and turned in to the activities office. **ATHLETES MAY NOT PRACITCE IF CLEARANCE IS NOT COMPLETE.**
- Summer Donation
 - Your donation ensures that we have enough coaches watching over our athletes when we go on our practice runs. The summer donation is **\$225** which can be brought to the first practice. You can donate cash or check. Checks can be made payable to BOHS.
 - If you are unable to make the donation please contact your coach. All athletes will be able to compete with the team regardless if they are able to make a donation.
- Parent/Team Meeting
 - We will have our parent/team meeting in the cafeteria on **July 9 at 7:00 PM**; **athletes need to attend the meeting.**
- XCSTATS
 - Create an account on XCStats.com or using their app. Our registration code is everything between the quotes: "**#BOHS2019**". Update your training log every day. Any planned absences need to be entered into xcstats a week in advance.
- Summer Practices
 - Our first summer practice is Monday July 8 at 8:00 AM, we will meet outside the BOHS gym in the student parking lot. Check breexc.com for locations.**
- Mattern Alumni Run
 - The annual alumni run will be **Saturday, July 27** at Olinda Ranch Park at 8:00 a.m. the race will start around 8:15.

Boys Cross Country Important Dates

- ☐ June 15th - Beginning of Captain-led practices, check breaxc for schedule and locations**
- ☐ July 8th - First official day of Summer Practice, Athletic Clearance must be complete**
- ☐ July 9th - Parent Meeting in BOHS cafeteria**
- ☐ July 12th - Time Trial for Mammoth Lakes Camp (top 18 athletes, includes top 3 newcomers)**
- ☐ July 27th - Mattern Alumni Run**
- ☐ July 29th - August 2nd - Mammoth Lakes Camp**
- ☐ August Registration/Schedule Pickup - Make sure Cross Country is your 6th Period Class**
- ☐ August 15th - Bousquet Run (time trial for Fall travel meet)**
- ☐ August 19th - First Day of School, practice time switches to 2:00-4:00 PM**

Boys Cross Country Summer Practice Commitment
This must be turned in on the first day of Summer Practice

I, _____, am excited to train this summer and become a better runner in order to have a more successful cross country season. I understand that in order to get the most out of this time I have done and will continue to do the following:

- Turn in paperwork and complete forms on AthleticClearance.com
- Create an XCstats account to log all my runs on XCstats.com
- Be diligent about coming to practice.
- Notify my coach of any planned absence through XCStats ahead of time.
- Run the appropriate amount of miles and workouts every week.
- Stretch properly and complete the core workouts to prevent injuries
- Wear a watch during every run.
- Inform my coach of any injuries I may be experiencing.
- Check www.breaxc.com regularly for any updates

Athlete Signature

Parent Signature

Here, you may attach your Summer Donation. The suggested amount is \$225. You may use cash or check. Checks can be made payable to "BOHS".