

## *Bowie XC Team Expectations*

- You are required to come to the pre season workout and time trial on **Tuesday, May 25<sup>th</sup> after school at 4:30**. No exceptions!!! If you are currently in our track class 1<sup>st</sup> period, your time trial and workout will be on Friday, May 21<sup>st</sup> at 8:00am.
- If you do not have a physical on file with us from this past year, you need to get one done before coming to the workout/time trial on May 25<sup>th</sup>. (see attached flyer for one on Sat., May 22<sup>nd</sup> from 9am-1pm) Failure to have a physical ready to go will definitely be grounds to get you out of the XC class.
- Coach Smith and Coach Gonzales will evaluate your times on the 2 mile (for boys) and the 1 ½ mile (for girls) plus the rest of your workout that day to determine whether you will stay in our athletic class for next Fall.
- We will have a list of those of you that we will keep in our XC class posted on the bulletin board by the coaching office asap. If your name does not appear on that list, you will need to see your counselor to be placed into a class that you need; otherwise, the counselors may put you in a class that you may not want to be in.
- If you are in the XC class for the Fall, this does not mean that you are actually on the XC team or that you will remain in our class. Everyone will be required to start practice on August 9<sup>th</sup> at 7:30am and continue working out with us for the first two weeks before school starts or you will be taken out of the class before school even starts. Make arrangements now to be there and not miss any practices. Our first meet is August 27<sup>th</sup> (the first Friday of the school week). Everyone will be on probation from August 9<sup>th</sup> – September 3<sup>rd</sup>.
- Grades, of course, are a very important requirement to even be on any athletic team. If you have a history of not passing, even one class during a 6 weeks period, you will probably not be able to be in the XC class/team. The UIL no pass/no play rule states that an athlete must be passing all classes with a 70 or above (60 or above for Pre AP and AP classes).