

FALL 2026
CROSS COUNTRY
INTEREST MEETING

COACH

HEAD COACH

Priscilla Banda

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PRACTICES

NOTES REGARDING PRACTICES

- Practice schedule is subject to change due to weather
- Practices will begin in the summer, starting July 6
- MS, HS practice together
- Must have a physical to attend practices

SCHEDULE

During the Summer (2x Weekly in July, starting July 6)

Mondays at GHLO 4-5:30 PM

Thursdays at Live Oak City Park (4:30-6 PM)

During the School Year (4x weekly):

Monday- Wednesday 4-5:30 at Great Hearts Live Oak

Thursday at Live Oak City Park (4:30-6 PM)

UNIFORM REQUIREMENTS

PRACTICE

- Clothing in good repair/ no popular culture references
- Running shoes
- water bottle

COMPETITION DAY

- Issued uniform top and shorts
- Running Shoes
- water bottle



ATHLETIC FEES

- $300/ $315 for layaway plan
- Payments via Configio - **READ** everything, including the Athletic Handbook
- FRL Status Discounts, Multi-Sport Discounts
- Uniforms will not be issued until payment is received
- Do not make payments until your athlete has completed tryouts and has been selected for the team

If you have financial concerns, reach out to the Athletic Director. Finances should not be a barrier to access for your athlete. We will work with your family!



ACADEMIC REQUIREMENTS

70% in all classes (C-)
Progress Report & Report Cards
Please see Eligibility Schedule
Ways to support your athlete



ACADEMIC ELIGIBILITY SCHEDULE

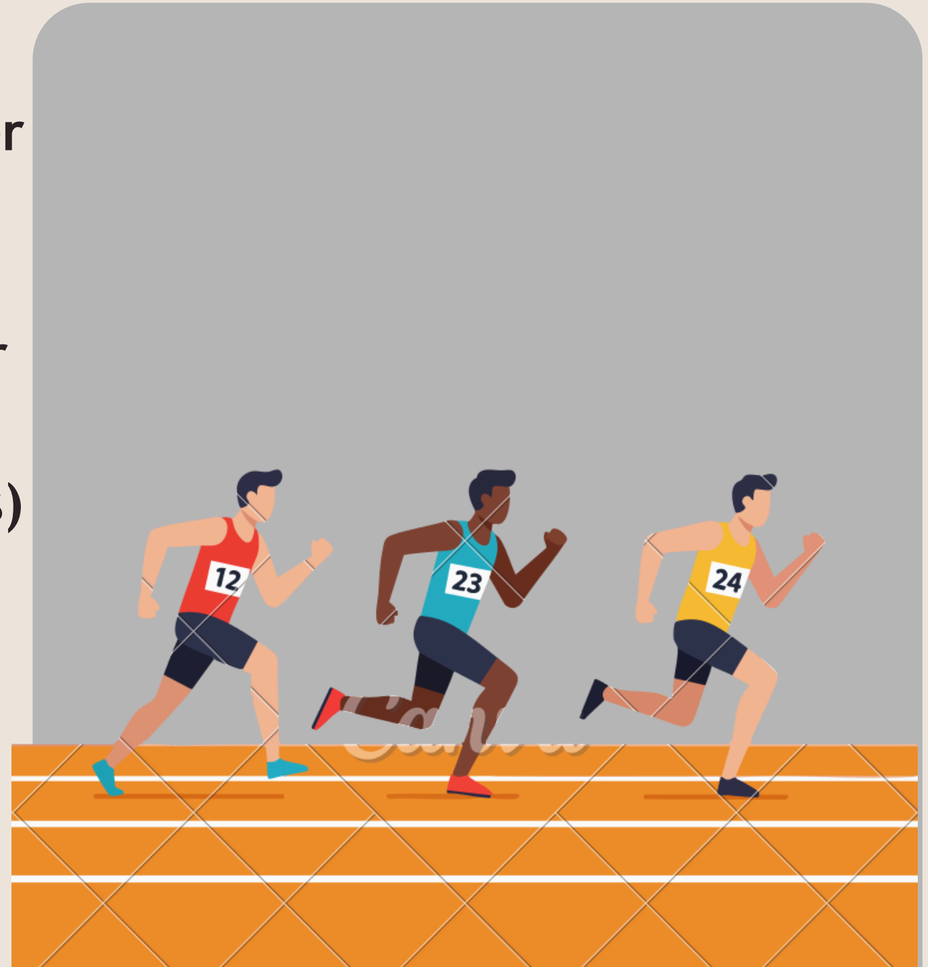
Grade Checks- Used to determine eligbility (Progress Reports/ Report Cards)

Progress Checks- Used to regain eligibilty between progress reports/report cards

The full grade check calendar will be loaded into SportsYou.

BEHAVIORAL EXPECATATIONS

- Must be present for at least half the school day in order to attend practice or a competition (does not apply to weekend competitions)
- ISS - can NOT participate in competition or practice for day of suspension
- OSS - can NOT attend practice or competition for day(s) of suspension
- Excessive detentions can result in suspension from competition
- Excessive ISS / OSS can result in removal from a team



SPORTSYOU

SPORTS YOU IS THE APP THAT ALL COMMUNICATION WILL GO THROUGH DURING THE SEASON

1. On mobile device download sportsYou app
from the App Store (iOS) or Google Play Store (Android)
2. Open the sportsYou app and tap Create Account
3. Tap Enter Access Code to enter code, then finish set up

Access Code:
A7FJPYPB

PARENT EXPECTATIONS

LATE POLICY FOR PRACTICE PICK UP

- 15 minutes
- Warning after 1x, can be dismissed from the team after 3x
- Please communicate!

SPORTS YOU APP

- Keep it positive
- Practice/competition updates will be put on the app
- ALL communications (practice/game changes) will go through this app

Questions?