Cross Country

Team Selection

“You will reap in races what you sow in training.”

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**“Determination, hard work, positive attitude, responsibility, and self-discipline are the keys to success.”** All runners are expected to exude these qualities. Due to these positive traits in our athletes, the O’Connor girls track team has been one of the best and most competitive teams in our district and area for the past nineteen years. We want our cross country program to mirror the success of our track program. Promoting these qualities within our athletes will help them not only win, but to be responsible, successful and productive individuals.

**Team Selection:**

**Girls 3 miles:**

The least acceptable time to make the O’Connor Cross Country team on a 5K:

9th grade- under 28:00 minutes, 10th grade under 26:00minutes, 11th grade, under 24:00 minutes and 12th grade, under 23 minutes. Varsity positions will be based on times, not top 7 runners . The least acceptable time to make the Girls Varsity team is 21:00.00 minutes.

 **Boys 3 miles:**

**9th grade-** under 23:00 10th- grade under 22:00, 11th grade- 20:00 and 12th grade under 18:00. Varsity positions will be based on times, not top 7 runners. The least acceptable time to make the Varsity team is 17:00.00.

**\*\*The athlete has to compete in 4 varsity meets in order to letter.**

Good attitude is extremely important. Athletes must complete every practice with great effort.

Varsity runners have to work hard in the classroom and at practice to keep their position. The remaining of the runners will run Junior Varsity. Varsity positions are open to the best times from the Junior Varsity.

**Participation:**

 **In order to participate at the varsity level, the athlete must meet the acceptable times above. Everyone else will compete at the Junior varsity level, if they attend practice.**

 \*Cross Country is a team sport, not individual and requires dedicated teamwork from all athletes. Athletes should support one another and compete to the best of their ability.

**I have read and understand the procedures for the team selection and participation.**

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 Student parent date

 **“An athletic sport is a privilege and not an obligation.”**

**Coach G. De La Torre, Head Girls Track & Field/Cross Country**

**Email:** **Gloria.delatorre@nisd.net**

**Conference: 2:15p.m. set by appointment only phone: 397-4800 ext. 73157**