

ATHLETICS PROGRAM QUICK FACTS

Cross Country (XC)

Season: Fall

Head Coach: Carla Darr (marathonmother@gmail.com)

Assistant Coach: John O'Hearn (john.ohearn@comcast.net)



Dates and Fees: See the website www.tbcs.org/athletics/registration-fees-and-deadlines

Season Details: All details concerning BCXC will be available in the team manual which is handed out at the start of the season.

Additional Costs: See gear, equipment, and team-related activities (see below).

Practice and Meet Schedule: The cross country team maintains a six day per week schedule throughout the season commencing on the first day of practice in August and concluding at the State Championship meet on the first Saturday in November. Cross training and rest days are incorporated on most weeks throughout the season. All practices are held after Upper School office hours; start times vary, usually beginning at 3:45 p.m. or 4:00 p.m. The practice schedule is communicated to families via email two weeks in advance, with practice locations including (but not limited to), Redmond Watershed, Marymoor Park, Farrel McWhirter Farm Park, Hartman Park, and various schools around the area. There are four mid-week league meets plus League Championships requiring early dismissals. Invitational meets are generally held on Saturdays with the Bi-District meet taking place on a Saturday at the end of October. All meet information will be included in the BCXC manual, and as well on Bear Creek's athletics calendar and athletic.net.

Transportation: Transportation to all practices is scheduled and arranged by each family. Bear Creek does not organize or schedule rides for student-athletes to cross country practice. Bear Creek will provide transportation to all meets, both to the meet and back to Bear Creek. Students are not allowed to drive their own vehicles or arrange their own transportation.

Uniforms, Gear, and Equipment: The school provides uniform jerseys and shorts which must be returned at the end of the season. Required gear includes waterproof team warm-ups which must be ordered the first time a runner registers for cross country by completing a gear order form before the season begins (included in the new runner registration fee). Additionally, runners typically go through a pair of running shoes each season, and it is not uncommon for some runners to use two pairs. Runners also need a pair of cross country spikes for meets. If you have questions about what type of shoes to purchase, please email the coach. All runners need a watch that takes splits. There are additional optional gear items that team members may order if they so choose.

Other Activities: Oftentimes, the team plans dinners or sleepovers. Any costs associated with these activities would come at the expense of each family. After the Twilight Invitational, the team traditionally goes out to dinner together with their families; everyone pays an equal amount upfront to cover that cost. There might also be a dinner following League Championships. At State, food and optional gear purchases will be at the expense of each family.

Anticipated Levels of Play: Everyone on the cross country team has the opportunity to compete in every league meet; invitational meet participation will be determined by the coaching staff based on best fit for the team.

Out of Season Activities: All team members are encouraged to run and have fun together with team-building activities throughout the summer.