

ANTELOPE CROSS COUNTRY

(join Remind @anhsxc-yo)

Head Coach: Skimra Rodriguez (srodriguez@rjuhsd.us); (510) 851-2611

Assistant Coach: Steve Pagador (spagador@rjuhsd.us)

Interested in joining the cross country team? Great! Read through the information below to get started. All runners on the team must join the Remind (see above) to communicate with the coaches.

Athletic Clearance: to be completed digitally

- Download from school website (under “athletics” tab)
- Physical forms need to be STAMPED and signed after May 15th, 2025 (this one takes the longest so get started NOW!)
- Athletic clearance needs to be completed before participating in summer conditioning, practices, or competitions
- Recommended: schedule a doctor’s appointment ASAP
- Once cleared, you will receive an email and can then start joining practices

Summer Training/Conditioning:

- Athletic electronic forms must be submitted AND APPROVED to participate
- Start date: Tuesday, June 17th
- When: Tuesdays and Thursdays, 9:00am-10 or 10:30am
- Where: Antelope Community Park under “The Big Oak Tree” near the tennis courts and softball field (the park is next to the school); Thursday conditioning will meet in the park for warm-up and then move to the weight room on the AnHS campus
- Bring water and wear running shoes and running gear
- Dead period: July 1-14 (no conditioning, training, or contact with coaching staff)

Practices:

- Official start date: August 4th at 3:45pm on the track
- Once school starts, practices are everyday after school, 3:45pm-5:15pm; meet on far corner of track
- Bring water and wear running attire
- Runners are expected to attend practice EVERY DAY. If you have to miss practice, you MUST tell Rodriguez BEFORE practice that same day. Too many missed practices results in the participant being kicked off the team.

Tentative Schedule:

- Summer Conditioning: Tuesdays and Thursdays June 17-July 31 (no conditioning July 1-14; CIF dead period)
- First day of practice: Monday, August 4th, Antelope HS track
- Parent Meeting: Monday, August 18th at 6:30pm via Zoom
- Sierra Invitational: Saturday, August 23, Sierra College, Rocklin

- Lagoon Valley Classic: Saturday, August 30, Lagoon Valley Park, Vacaville
- Jackie Henderson Memorial Invitational: Saturday, September 6th, Castroville (top 7 Varsity only)
- Springview XC Invitational: Saturday, September 20th, Johnson-Springview Park, Rocklin
- Gold Mine Invitational OR Jessup Invitational: Saturday, September 27th, Auburn or Rocklin
- Metro League meet: Wednesday, October 8th, Cordova High School, Rancho Cordova
- Hughson Supercross: Saturday, October 18th, Hughson HS, Hughson
- Metro League Meet: Wednesday, October 29th, Cordova High School, Rancho Cordova
- SJV Sub-sectional meet: Saturday, November 8, Calaveras County Fairgrounds
- SJV Sectional meet: Saturday, November 15, Willow Hills Reservoir, Folsom

Meet Information:

- If you are unable to attend a meet because of a prior engagement on the weekend, please notify the coaches 1-1.5 weeks in advance
- Meet information with the time schedule etc. will be sent out 2-3 days prior to the competition both on paper and electronically through Remind.
- League Meet vs. Invitational: League meets are competitions with all 6 of the Metro League schools. These determine the Metro League Champions for Frosh/Soph and Varsity plus the "All League" runners (top 10 finishers in each division) and the "All Conference" runners (top 20 finishers on Varsity). Invitationals are extra meets held on the weekends hosted by other schools or organizations. These cost money to enter and bring an extra chance for runners to engage in competition outside of the Metro League on different courses.

Invitationals:

- Begin in the morning around 9am and end around 12pm. Our team will typically run in the Frosh/Soph Boys, Frosh/Soph Girls, Varsity Boys, and Varsity Girls divisions for Large School.
- Van transportation will be provided for invitationals up to 18 runners. Arrangements will be made during the week prior to the meet. Parents or other family members may drive their runner to an invitational and drive them home after.

League Meets:

- Only two league meets, Wednesdays in the afternoon beginning around 3:30pm and ending around 5:30pm
- Students will receive an early release from school that day (around 1:30pm)
- Bus transportation will be provided for all runners to and from the meet
- A parent or guardian may take their runner home after the meet ends

Subsection and Section Meets:

- EVERYONE (Frosh/Soph and Varsity) move on to the Subsection meet.
- Van transportation will be provided for up to 18 runners. Other runners can attend the meet with parents or guardians.
- Top teams and individual runners from the Subsection meet advance to the Section meet.