



JOIN THE CROSS-COUNTRY TEAM!

Burbank High School

Building a championship program through commitment, evidence-based training, and competitive excellence.

TRYOUT INFO

- ▶ **DATE:** Friday, May 29th, 2026
- ▶ **TIME:** 9:00 AM - 11:00 AM
- ▶ **LOCATION:** Track / Football Field

Format: Girls 9:00-10:00 AM | Boys 10:15-11:15 AM
Includes: Team intro, warm-up demo, 1-mile time trial, Q&A

WHO CAN JOIN?

- ▶ Incoming Freshmen with competitive running potential
- ▶ Current students committed to championship-level training
- ▶ Athletes with XC/track experience *preferred*
- ▶ Motivated beginners with strong work ethic welcome

What We Offer

- ▶ **Evidence-based training methods** proven to improve performance
- ▶ **Structured interval training** with prescribed paces tailored to your level
- ▶ **Development pathway** from freshman to varsity competitor
- ▶ **Team culture** focused on commitment, coachability, and measurable results
- ▶ **Championship standards** with supportive coaching

WHAT TO BRING

- ▶ Reliable running shoes
- ▶ Comfortable athletic clothing
- ▶ A filled water bottle
- ▶ Positive attitude and readiness to work

REQUIREMENTS

To participate in tryouts, you must have:

- A current physical examination on file with the athletic office
- Completed all necessary athletic participation forms
- A minimum 2.0 GPA to be eligible for competition
- A commitment to attending scheduled team practices and meets
- Attendance at summer training sessions (starting June 2026) strongly encouraged for team selection and fall readiness**

8th Graders: Contact Coach Coleman for pre-season info and summer training!

QUESTIONS?

Contact Coach BaoKim (BK) Coleman
baokimcoleman@burbankusd.org

WE LOOK FORWARD TO SEEING YOU ON THE TRACK!