



LIED STEM ACADEMY XC

2026 CROSS COUNTRY SEASON

6TH–8TH GRADE TEAM INFORMATION



PRACTICE SCHEDULE

- Monday–Thursday after school
- Practice ends at **4:00 PM**
- Students must be picked up on time



PICK-UP POLICY

- Athletes must be picked up promptly at **4:00 PM**
- After **3 late pick-ups**, the athlete may be removed from the team



ATTENDANCE & COMMITMENT

- Cross Country is a commitment sport
- Athletes are expected to attend practices regularly
- Missed practices may result in:
 - Not racing in meets
 - Removal from the active roster



RACE PARTICIPATION

- Not all athletes will race every meet
- Race eligibility is based on:
 - Attendance
 - Effort in practice
 - Positive attitude



INVITATIONALS & MEETS

- Some meets (invitationals) may take place on **Saturdays**
- Entry fees are typically **\$7–\$8** per meet
- Meet fees are the responsibility of families choosing to participate
- Families are responsible for **transportation** to Saturday meets
- Some meets allow limited entries (**top 7 runners only**)
- Other meets may allow all team members to participate



BEHAVIOR EXPECTATIONS

- Follow all school rules
- Show respect to coaches and teammates
- Demonstrate good sportsmanship



ACADEMIC EXPECTATIONS

- Student-athletes must maintain good grades and stay in good academic standing
- Students who are struggling academically may:
 - Be required to attend tutoring before practice
 - Have limited participation in practices or meets



TEAM UNIFORMS

- Custom team singlet will be provided through the school
- Estimated cost: **up to \$50**
- Singlets are reusable from year to year
- Students will wear their own **navy blue shorts**
- More information on sizing, ordering, and payment will be shared later



TEAM SIZE

- Team size may be limited due to coaching and safety



PHYSICAL REQUIREMENT

- A completed sports physical (Form 7) is required
- Must be uploaded to Aktivite before official practices begin



RESULTS & TIMES

- Meet results and athlete times will be posted on **Athletic.net**
- Families can follow athlete progress throughout the season



MULTI-SPORT ATHLETES

- Students in other sports/clubs should communicate schedules with the coach
- Minimum expectation: **3 practices per week**
- Modified attendance may be allowed
- Race participation is still based on performance, effort, and consistency



Coach Polito



Coach Tarwater

*WHO'S GOING
TO CARRY
THE BOATS
WE ARE!*



EXPLORE * NAVIGATE * EXCEL

WE ARE EXCITED TO BUILD
THE LIED NAVIGATORS
XC PROGRAM!

LET'S MAKE HISTORY
TOGETHER!

BUILDING ENDURANCE TOGETHER

Cross Country is a sport of endurance! As the season progresses, athletes will gradually increase their training.

Students may run up to **20 miles per week** at peak training, depending on age, experience, and individual progress.

EXPLORE * NAVIGATE * EXCEL