

Cross Country 2025 Calendar

NORTHGATE CROSS COUNTRY SUMMER PROGRAM

We will have a summer prep program open for 6th - 12th grade students from **Monday June 9th** for seven weeks ending on **Friday July 25th**. The program will be hosted at Northgate High School track from 8 - 10:30 am daily, Monday - Friday. Additionally there will be 'Scenic Saturdays' which are held in various locations throughout the East Bay to give runners an opportunity to explore a new set of trails. Fees will be attached to this program.

Point Reyes Camp we will be hosting a sleep away camp at scenic Point Reyes from **Monday 28th July - Wednesday 30th July** which will be open to incoming 9th graders and above, joining the Northgate Cross Country Team in the fall. Fees will be attached to this program.

The Annual Alumni Race will be held at Castle Rock Regional Park the morning of Saturday 2nd August and is the ideal opportunity for all of those who took part in our summer program to cap off their summer of running with a competition to see their progress and a fun breakfast with alumni of the program.

4th - 8th August there will be pre-season workouts daily for all those joining the team immediately following school at 3:45 pm. This provides a 9 week structured prep period for all of those wishing to join the team.

NORTHGATE CROSS COUNTRY SEASON

Monday August 11th, 3:45 - 5:45 pm practice is held Monday - Weds - Friday at this time daily. On Tuesdays and Thursdays practice starts at 3:50 pm. We also hold Saturday practice from 9 - 11 am. All inservice days we hold practice from 9 - 11 am. Runners meet at the track. **In order to participate all students must have completed registration including a physical with either their own doctor or with the sports medicine department, see our website for further information** <https://www.northgatebroncos.org/athlete-registration>

Expectations regarding numbers of practices students attend:

First time runners regardless of age we limit all first year runners to four practices a week and they are excused from Wednesday practices and Saturday practices. This is to keep mileage low and ensure we limit injuries as the body develops the strength to

withstand the rigors of the sport. There will however be Saturdays they are required to attend that involve community service or picture day, or a race rather than a practice.

Returning runners are expected to attend five practices a week. You are also excused on Wednesdays, to allow you a midweek opportunity to focus on homework and catching up on sleep.

Returning varsity runners are expected to attend six practices a week whenever possible.

KEEPING CROSS COUNTRY AS ACCESSIBLE A SPORT AS POSSIBLE

In recognition that high school is a period of your life when you will wish to explore many experiences we will on occasion offer students the chance for reduced attendance to allow them to balance some of those interests, particularly if this is your first year in the sport so you have the opportunity to try it without prejudicing what might be a multi year commitment to another activity. This is however done on an individual case by case basis and requires initial and full communication from athlete to coach before joining the team.

Dual sport athletes if you are in another club sport (not an Northgate sport) you can apply to join the team on this basis and we will individually negotiate a practice schedule that allows you to have meaningful participation in both, but without risk of burnout or injury. This can only be undertaken with the full knowledge and cooperation of your club coach.

Additional external commitments if a student has musical, or other club commitments that might preclude full participation in cross country they should also communicate in advance with coaches and we can determine if a reduced cross country commitment will make sense for you.

Wednesday 13th August 6 pm Parent Meeting in the Lecture Hall, mandatory for all parents. Uniform distribution will also occur.

RACING SCHEDULE - mandatory races are indicated, please do not join the team if you have commitments that preclude your attendance from the DAL meets and the championship

Please note due to the low sign up for car pools last season all athletes are responsible for finding their own rides, if you know you do not have transportation please speak to coaches several days ahead and we can help with informal rides. Buses will be provided for the two midweek league meets.

Saturday 23rd August All league trail clean up at Hidden Valley Park in Martinez 7 am - 10 am **This is required attendance and community service for all team members.**

Monday 1st September - no school 9 - 11 am practice

Wednesday 3rd September 4pm Lecture hall, Northgate High School - **All students attend including new runners.** Nutrition Talk 4 - 5 pm part of 'Nutrition Week' for the team.

Saturday 13th September Ed Sias Invitational at Hidden Valley Park Martinez, 8 am - 3 pm **All Team Members** attend 2 mile races. PASTA FEED THE EVENING PRIOR.

Saturday 20th September Farmers Invitational, Hayward High School 8 am - 3 pm As only 3 mile races are available we may hold out any brand new runners we feel might struggle with this length of race. PASTA FEED THE EVENING PRIOR.

Wednesday 24th September DAL 1 - our first all league meet, at Hidden Valley Martinez 3:30 - 6:30 pm **Mandatory Attendance for all Team Members** Bus from school.

Saturday 27th September 8 am picture day at the track! **All athletes to attend,** returning athletes will have their workout at 9 am as usual afterwards, first year runners are excused right after pictures are finished.

Wednesday 1st October, Mid Season Mania 1600m at Campolindo High School 4 - 9 pm depending on your heat. This is a unique opportunity to run a fast mile under the lights during cross country season. This meet is optional, runners will be entered into the race unless they notify us by September 8th.

Saturday 4th October Artichoke Invitational, Half Moon Bay 2.3 mile races, followed by Beach Party. This year we will be attending the small school races in the morning and holding a beach party in the early afternoon. This will necessitate an early departure for the frosh boys race of 6 am, with everyone else leaving at 7 am and returning home in the early evening.

Fall Break, Monday 6th October - Friday 10th, Monday 13th 9 - 11 am workouts daily at the track. If an athlete travels we expect them to follow on your own workouts and log them on Strava daily.

Saturday 18th October 9 - 11 am 2 mile time trial at Newhall Park ahead of league competition, **all team members attend.**

Friday 24th October - Saturday 25th October Mt SAC Invitational Los Angeles, the longest running and largest cross country invitational in America, 3 mile course. There will be a fee attached to this trip, but bursaries available if a student wishes to attend and can not afford the financial contribution.

Monday October 27th in service day 9 - 11 am practice

Wednesday October 29th DAL 2 at Newhall Park, 3:30 - 6:30 pm **Mandatory attendance**

for all Team Members. Bus from school.

Saturday November 1st, mandatory all team workout at Hidden Valley to prepare for the championship.

Saturday November 8th League Championship at Hidden Valley Park Martinez 1 - 5 pm (this may change to the morning if weather is warm - keep the whole day free). **Mandatory attendance for all Team Members.** PASTA FEED THE EVENING PRIOR

THE SEASON ENDS HERE FOR MOST ATHLETES WITH THE EXCEPTION OF 20 (10 GIRLS AND 10 BOYS) WHO ARE INVITED TO STAY ON AND TRAIN FOR TWO MORE WEEKS AS OUR NCS SQUAD

Tuesday 11th November Veterans Day 9 - 11 am practice

Saturday November 15th, 9 - 11 am workout at Hayward High School to prepare for NCS **Mandatory for all NCS varsity athletes**

Saturday November 22nd North Coast Sectional Meet, Hayward High School. Varsity only - top Frosh or JV may be invited on to attend so please let us know if you have any Thanksgiving Travel plans that would preclude attendance. PASTA FEED THE EVENING PRIOR FOR NCS TEAM ONLY. **Mandatory for all NCS varsity athletes.**

Friday November 28th - Saturday November 29th State Meet, Woodward Park, Fresno. For the past three years we have sent one or both teams and key individuals to compete at the State Meet. Please note this is the day after Thanksgiving and students are expected to stay in town to train together the week prior. If you have plans to be away at Thanksgiving and you are one of our stronger runners please let the coaches know at the start of the season. **Mandatory for all NCS varsity athletes.**

Thursday December 4th 6 - 8:30 pm Awards Ceremony at the Church of Jesus Christ of Latter-Day Saints, 100 Northgate Road. All athletes and their families should join us to celebrate the season.