



# 2025 Laguna Beach Cross Country

**Athletic Director: Denise Selbe**

✉ [dselbe@lbusd.org](mailto:dselbe@lbusd.org)

**Boys Head Coach: Tommy Newton-Neal**

✉ [tnewtonneal@lbusd.org](mailto:tnewtonneal@lbusd.org)

**Girls Head Coach: Steve Lalim**

✉ [slalim@lbusd.org](mailto:slalim@lbusd.org)

**Boys Assistant Coach: Fred Pichay**

**Boys Assistant Coach: Brian Kull**

**Boys Assistant Coach: Carlos Maradiaga**

**Girls Assistant Coach: Aliya Neal**

## OUR GOALS

- Provide an enjoyable experience for all members of the LBHS Cross Country Team.
- Teach all athletes the necessary training to compete to the best of their ability.
- Develop a strong team culture that embraces team-work, competitiveness, industriousness and fun.
- Provide each athlete with life skills to live a physically fit, healthy, and productive life.
- Qualify for Division 4 CIF-SS

## RULES/EXPECTATIONS

### 1) Daily Practice Expectations

- a) Be prepared, positive, and on time every day.
- b) Required to attend all practices and league competitions (injured or ill athletes that attend school must also attend practices and competitions to support their teammates and help the coaches).
- c) Unexcused absence: Any non-communicated or unapproved absence.
  - i) Unexcused 1: Warning
  - ii) Unexcused 2: Warning & suspension from the next competition (still required to attend competition)
  - iii) Unexcused 3: Discussion with coaches about the athlete's future on the team
- d) Excused absence: Please communicate absence PRIOR to said absence (at least 48 hours in advance)
- e) Practice will be held in ALL conditions, rain or shine.
- f) No cell phones or headphones are allowed at practice (unless used for tracking runs).
- g) At the end of each practice session, you must check out with a coach.

## 2) Team Requirements

- a) Athletic paperwork must be registered with the athletic department prior to the start of the season.
- b) Must maintain a 2.0 GPA on the latest progress or report card.
- c) Follow all of the team rules & sign/return this contract.

## 3) Behavioral Expectations

### a. Communication

- i. All athletes are expected to communicate with their coaches.
- ii. Communicate with the coaches if you have any questions or concerns.
- iii. Communication includes practice times, injuries, school concerns, competition events, nutrition, workouts, etc.

### b. Team player

- i. All athletes are expected to be a team player at all times.
- ii. A team player puts the needs of the team in front of their own.- A team player supports their teammates in any way possible.

### c. Be Positive

- i. All athletes are expected to be positive toward themselves, teammates, competitors, officials, and coaches, at every practice/competition.

### d. Be Competitive & Give 100% effort every day

- i. Cross country is a no-cut sport, however, ALL athletes must give 100% effort every day to remain on the team.

## COMPETITIONS

### 1) Invitational Expectations: Weekend competitions that occur on Fridays and/or Saturdays.

- a) All athletes are required to attend unless otherwise noted (Ex. CIF).

### 2) Scoring Cluster Meets & League Competitions: are required team competitions that will occur on Wednesdays.

- a) Busses will transport athletes to and from cluster/league meets (unless otherwise noted).
- b) All athletes are required to ride the bus to and from the meet.
- c) All athletes are required to attend and stay for the duration of the meet, unless previously arranged with the coach (must be arranged at least 48 hours in advance, in writing).
- d) Injured or ill athletes who attend school must also attend dual/league meets to support your teammates and help the coaches.
- e) No athlete is allowed to leave the facilities unless permitted by a coach.
- f) If you miss a meet, you will sit out a similar meet.
- g) No athlete is permitted to compete in a cross country meet if they have an absence from school the same day of the meet (must attend at least 1 period).
- h) All athletes are required to wear team issued gear and competition attire to and during the meet.

## COMMUNICATION

- Remind app and weekly emails will be used to communicate information to parents and student-athletes. **This is a requirement for all student-athletes.**
  - Boys Remind: please text the number “81010” and the message “@25lbxc”.
  - All information regarding cross country will be posted on the team’s website:
    - Boys: [lagunabeachcrosscountry.com](http://lagunabeachcrosscountry.com)



## PARENT/PLAYER ACKNOWLEDGEMENT

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Student-Athlete Name

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Student-Athlete Email

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Student-Athlete Phone number

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Parent Email

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Parent Phone Number

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Parent Email

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Parent Phone Number

I have read the entire contents of the Laguna Beach CC handbook and agree to the standards of the Laguna Beach Cross Country program.

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Parent/Guardian Signature & Date

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Student-Athlete Signature & Date

Please don't hesitate to contact us if you have any questions concerning this handbook.

Thank you,

**Tommy Newton-Neal**

Thurston Middle School - Physical Education  
Boys Cross Country Coach  
Boys Track & Field Coach  
[www.lagunabeachcrosscountry.com](http://www.lagunabeachcrosscountry.com)

**Steve Lalim**

Thurston Middle School - Physical Education  
Girls Cross Country Coach  
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