

# Highland High School Cross Country

*Tradition • Discipline • Determination*



**2025 Pre-Season Manual**

**June 2nd – July 12th**

## **Cross Country Summer Plan & Pertinent Information**

**When: 6:00 a.m. To 7:30 a.m. in the morning (June 2nd -July 12th) Monday - Friday**

**When: 6:00 p.m. To 7:30 p.m. in the evening (June 3rd- July 12th) Tuesdays & Thursday.**

**Where: Meet in the front of Library near the bus loop on Charger Ave across from FFA farm.**

**What to bring: Water, suitable running clothing, wristwatch/run watch and running shoes.**

**How receive announcements via Text: Refer to the "Band APP" flyer. (3rd page of packet)**

### **Saturday Pre-season Practices: TBA**

**When: 7:30 a.m. to 9:30 a.m.**

**Where: Hart Park, Bakersfield - meet near the Sheriffs building and new restroom.**

**What to Bring: Water, suitable running clothing, wristwatch/run watch and running shoes**

### **Parent/Guardian – Student/Athlete Responsibility:**

#### **Medical Authorization – Student Fines Cleared**

To participate in our pre-season team practices, student/athletes **must have** "athletic clearance" completed via **Sportsnet.com** (flyer 2<sup>nd</sup> page of packet). This includes: a medical examination form completed along with other important documents to be uploaded to the **Sportsnet website**. More information can be attained in our **athletic office**. Students must also **pay all outstanding school related fines** to practice after **July 23<sup>rd</sup>**. Failure to accomplish these requirements prevents practicing and hinders your success and that of the team. **Every student/athlete matters!**

### **Coaches Message:**

It's our responsibility, as coaches, to build a team that competes at a high level. Most importantly, our coaching staff intends to help you grow as **student/athletes**, using Cross Country as a tool to do so. ***Winning isn't everything; but practicing using a winner's mindset, is essential if you desire to be a part of our Cross-Country program.***

We have set expectations towards achieving very high goals this season. ***Regardless of your athletic ability***, we hope that you are ready to work. **Attending summer XC practices** will allow student/athletes to build a **running base**, providing lasting benefits for the entire season. You will not be at your best during the season if you fail to run this summer. As coaches, **hard work and personal accountability is all that we require of you**. As coaches, it's our intention to see **every team member** get better throughout the season. Fun times ahead!

Best Regards, Coach Dawson --- Email: [adam\\_dawson@kernhigh.org](mailto:adam_dawson@kernhigh.org) with any questions or concerns

## Dear Parents/Guardians

Instructions for Registering Your Athlete **SportsNet Inc.** provides secure online registration services for high school athletic programs. **Below are instructions** for creating a **parent/guardian user account** and registering one or more athletes at Highland High School. Creating an Account

1. Go to <https://sportsnethost.com/highlandhs-parent>
2. Click the Create an Account link near the bottom of the screen
3. Enter the required information and submit the form
4. Log in to the system with your email address and password
5. Follow the instructions inside the system

Before You Begin Make sure you have the following prior to attempting to register your child:

- Your child's **student identification number**
- The **exact spelling of your child's first and last name as it appears in official school records**
- A **scanned copy** of your child's completed **Pre-Participation Physical Exam** on your computer (**to be uploaded during registration**)
- Your child's **active health insurance coverage information, including the name of the provider and the policy ID**

**Registration Process**

**Be sure to carefully read the instructions** on each screen and provide all required information. If you are unable to finish in a single session, the information you have already submitted **will be saved** and you can **log back in later to finish**. Important: **The school will not receive your submission until you complete the entire process**, ending with your final electronic signature on the last available screen. Be sure to **check your email for a confirmation message after you have finished**.

Support • our support team at [support@sportsnetinc.com](mailto:support@sportsnetinc.com). Our first available representative will get back to you shortly.



**Highland High School** Cross Country athletes and parents:

**BAND APP (FREE)**: Scan the QR Code below to access the **Highland Cross-Country BAND Account** for important announcements regarding our season! This is an essential tool that our coaching staff uses to communicate through the entire season.



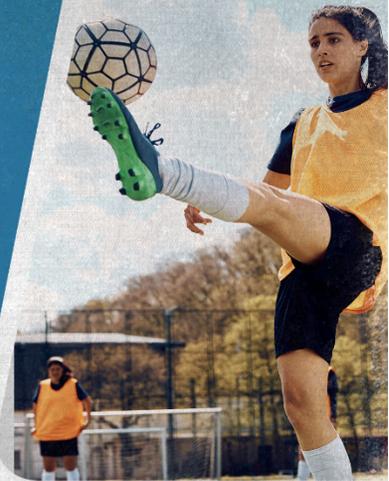


Athletic.net: This site contains our schedule & race results.

Link-- <https://www.athletic.net/team/1340/cross-country/2025>

PRIORITY URGENT CARE ALIGNED WITH HHS TO HELP THE PROCESS ALONG!

# SPORTS PHYSICALS!



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**IS OUR  
OFFICIAL  
SPONSOR!**

 **HIGHLAND  
HIGH SCHOOL**



## **FOLLOW 3 EASY STEPS!**

- 1** CALL 661-556-4777 TO SCHEDULE YOUR PHYSICAL.
- 2** BRING YOUR SCHOOL ID AND PAPERWORK TO YOUR APPOINTMENT. KEEP IN MIND A PARENT OR GUARDIAN MUST BE PRESENT AT YOUR VISIT.
- 3** ONCE COMPLETED DON'T FORGET TO UPLOAD INFORMATION ON [HTTPS://SPORTSNETHOST.COM/HIGHLANDHS-PARENT](https://sportsnethost.com/highlandhs-parent)

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 **661-556-4777**

 **PRIORITY661.COM**

 **@PRIORITYURGENTCARE**