

# BISHOP O'CONNELL CROSS COUNTRY FACT SHEET

For all practices listed below, as well as tryouts, we meet at **8:00AM** on the **O'Connell track**.

## VOLUNTARY SUMMER PRACTICES

July 10<sup>th</sup>

July 12<sup>th</sup>

July 17<sup>th</sup>

July 19<sup>th</sup>

## MANDATORY PRACTICE BEGINS

Wednesday, August 15<sup>th</sup>

## MANDATORY 2 MILE – TRYOUT

Friday, August 17<sup>th</sup>

## FREQUENTLY ASKED QUESTIONS:

**Q: Who can tryout?**

**A:** All O'Connell students are eligible to tryout. All returning athletes are required to tryout for the new season.

**Q: What is the tryout process?**

**A:** All athletes must be able to run two (2) miles in the times listed below –

**Sophomores, Juniors & Seniors**

*Girls* – 17:00 (8:30/ mile)

*Boys* – 15:00 (7:30/ mile)

**Incoming Freshman**

*Girls* – 18:00 (9:00/ mile)

*Boys* – 15:40 (7:50/ mile)

**Q: How many runners do you take?**

**A:** We do not take a set number of athletes each year. If you can run the time above, you have made the 2018 OCXC Team.

**Q: What if I miss tryouts?**

**A:** Due to the large number of athletes who tryout for cross country each year, if you miss tryouts you will not be able to compete on the team.

**Q: When is the season?**

**A:** Mandatory practice begins mid-August and the season ends the last weekend in October (JV) or the second Friday in November (Varsity).

**Q: When are meets and who competes?**

**A:** Meets are almost every Saturday beginning at the end of August until October/ November. The bus leaves at 7am and returns to O'Connell around 3pm. ALL runners, JV and Varsity, compete weekly in meets and are expected to stay the entirety of the meet.

**Q: What is the time commitment?**

**A:** We practice **every day** after school from **3:15-5:30PM**. Attendance is mandatory and missing practice(s) can result in not being able to compete in the meet the following weekend or meets the remainder of the season.



**Q: Can I participate in other sports during the season?**

**A:** No. Cross Country is a fall sport, any sports (school sponsored or club) that occur during the same time would be a conflict.

**Q: What are the financial expectations?**

**A:** Cross Country is an extremely affordable sport. We require each athlete to purchase running shoes, racing spikes, warm ups and a team t-shirt. Uniforms are provided by the school.

**Q: Is it fun?**

**A:** Of course! While we work hard each practice and take our commitment seriously, we strive to have fun! Our team is incredibly welcoming and thinks of themselves as the cross country "family" more than a team.

Questions? Reach out to Coach Cindy Walls – [cindy.walls@bishopoconnell.org](mailto:cindy.walls@bishopoconnell.org)