

**Santa Cruz High School Cross Country  
AGENDA for Parent Meeting 8/25/2022**

Coach Brock, 831-359-6688  
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Coach Sullivan  
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**1. COMMUNICATION WEBSITE**

The Santa Cruz High School Cross Country Boosters has set up a website for XC Season 2022. Please refer to <https://www.cardinalxc.org/> for schedule updates, race results, photos, video and much more.

**2. PHYSICAL EXAMS**

The Physical Exam form is also attached to this email or can be downloaded at: [https://schs.sccs.net/UserFiles/Servers/Server\\_223858/File/Athletics/Physical\\_Doctors\\_Form.pdf](https://schs.sccs.net/UserFiles/Servers/Server_223858/File/Athletics/Physical_Doctors_Form.pdf) . Have your health provider fill/sign the form. Schedule your physical exam through your healthcare provider. Physical exams must be submitted to Athletic Director Erik Redding as soon as possible; contact at 429-3960, Ext. 308 or [eredding@sccs.santacruz.k12.ca.us](mailto:eredding@sccs.santacruz.k12.ca.us)

**3. COVID-19 SAFETY RESOURCE PAGE**

[https://www.sccs.net/community/news/covid\\_safety\\_resources\\_dashboard](https://www.sccs.net/community/news/covid_safety_resources_dashboard)

**4. TRANSPORTATION TO MEETS and PARENT/GUARDIAN PARTICPATION AT HOME MEETS**

Students will be dismissed early from fourth period on Thursday dual meets. Parents will drive student athletes to/from meets. Field trip forms are located at <https://www.cardinalxc.org/> . Parent/Guardian can assist at home meets; Coach Brock will assign tasks. Parents/Guardians can coordinate drinks and snacks for all events.

**5. UNIFORMS**

**6. RECRUITMENT**

Please reach out to siblings, friends and classmates. Make announcements in your classes. Forward this email.

**7. RECYCLE / FUNDRAISING / CARDINAL CLUB**

- A. Coach Brock manages the recycling efforts for the SCHS Cross Country and Track/Field Teams. Have your student athletes drop plastic, aluminum and glass items at track to Coach Brock. All funds are used towards meet registration, uniforms, and related team expenses.
- B. The Cardinal Club raises funds to support all sports at Santa Cruz High School. They raise money through snack bars, school apparel sales, annual fundraiser events, seasonal events, membership fees and donations. Interested parents can attain more information at: <https://schscardinalclub.org/>
- C. Monterey Bay ½ Marathon. Need a parent/guardian chaperone for 11/13/2022.
- D. End of the Season Banquet. Need a parent/guardian volunteer to coordinate

**8. SANTA CRUZ HIGH CROSS COUNTRY BOOSTERS**

- A. Contact John Lee at [minjohnlee@gmail.com](mailto:minjohnlee@gmail.com)
- B. Website: <https://www.cardinalxc.org/>
- C. High Altitude Summer Camp
- D. Photos/Video/Results

## **Santa Cruz High School Cross Country 2022 Season**

Day	Date	Time	Home	Visiting	Venue	Event Links
Thursday	8/25/2022	5:30 PM	Parent/Guardian Meeting		Santa Cruz High School Track	
Saturday	8/27/2022	11:45 AM	Santa Cruz HS Watermelon Run		UC Santa Cruz Fire Trail, Santa Cruz	
Saturday	9/10/2022	9:00 AM	The Monterey Bay Invitational		Toro County Park, Salinas	<a href="http://hnbrooksportsprepcaitrack.com/ATHLETICS/XC/2022/mbavinfo.pdf">http://hnbrooksportsprepcaitrack.com/ATHLETICS/XC/2022/mbavinfo.pdf</a>
<b>Thursday</b>	<b>9/15/2022</b>	<b>4:30 PM</b>	<b>Soquel</b>	<b>Santa Cruz HS Harbor HS</b>	<b>Soquel High School, Soquel</b>	
<b>Thursday</b>	<b>9/22/2022</b>	<b>4:30 PM</b>	<b>Santa Cruz HS</b>	<b>Scotts Valley HS</b>	<b>UC Santa Cruz Fire Trail, Santa Cruz</b>	
Saturday	10/1/2022	9:00 AM	46th Annual Crystal Springs Invitational		Crystal Springs, Belmont, CA	<a href="http://hnbrooksportsprepcaitrack.com/ATHLETICS/XC/2022/csl_info.pdf">http://hnbrooksportsprepcaitrack.com/ATHLETICS/XC/2022/csl_info.pdf</a>
Saturday	10/8/2022	10:00 AM	Palo Corona Invitational		Palo Corona Cross Country Trail, Carmel by the Sea	<a href="https://storage.googleapis.com/anel_user_files/meet/xc/207908/PG_XC_Invitational_Flyer_.pdf">https://storage.googleapis.com/anel_user_files/meet/xc/207908/PG_XC_Invitational_Flyer_.pdf</a>
<b>Thursday</b>	<b>10/13/2022</b>	<b>4:30 PM</b>	<b>Aptos HS</b>	<b>Santa Cruz HS</b>	<b>Pinto Lake County Park, Watsonville</b>	
Saturday	10/15/2022	2:00 PM	Terry Ward Bellarmine Invitational		Baylands Park, Sunnyvale, CA	<a href="http://hnbrooksportsprepcaitrack.com/ATHLETICS/XC/2022/tw_info.pdf">http://hnbrooksportsprepcaitrack.com/ATHLETICS/XC/2022/tw_info.pdf</a>
<b>Thursday</b>	<b>10/20/2022</b>	<b>4:30 PM</b>	<b>San Lorenzo Valley HS</b>	<b>Santa Cruz HS</b>	<b>San Lorenzo Valley HS, Felton</b>	
<b>Thursday</b>	<b>11/3/2022</b>	<b>2:00 PM</b>	<b>SCCAL Cross Country Finals</b>		<b>Pinto Lake County Park, Watsonville</b>	<a href="https://www.athletic.net/CrossCountry/meet/209815/info">https://www.athletic.net/CrossCountry/meet/209815/info</a>
Saturday	11/12/2022	9:00 AM	CCS Championships		Crystal Springs, Belmont, CA	<a href="https://www.montereybayhalfmarathon.org/races/half-marathon/">https://www.montereybayhalfmarathon.org/races/half-marathon/</a>
Sunday	11/13/2022	6:50 AM	Monterey Bay Half Marathon FUNDRAISER		Monterey, CA	<a href="https://www.cifstate.org/sports/cross_country/index">https://www.cifstate.org/sports/cross_country/index</a>
Saturday	11/26/2022	TBA	CIF State Championships		Woodward Park, Fresno, CA	
TBA	TBA	TBA	Santa Cruz HS Cross Country Banquet		Harvey West Clubhouse, Santa Cruz	

### **Coaches**

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