

Coaches

Coach Walsh	Head	twalsh@alpinedistrict.org
Coach Cazier	Head	jcazier@alpinedistrict.org
Coach Bradshaw	Assistant	kbradshaw@alpinedistrict.org
Coach Boltz	Assistant	sassyhol2001@yahoo.com
Coach Dibb	Volunteer	

AFJH CROSS COUNTRY



Summer Practices

Wear running clothes (shorts, shirts, good running shoes) and bring water. Find your own ride there.

Starts June 6th -every Tuesday and Thursday (excluding holidays)

7 AM - 8 AM

The pavilion at:

Mitchell Hollow Park

6400 W 10250 N Highland, UT 84003

School Practices (After school starts)

3 PM - 4 PM after school except Wednesdays.

Bring running clothes and water. Find your own ride home.

Meet Dates

Wednesdays Sept 6, 13, 20, 27

Boys 5:00 PM Girls Start after boys (usually 5:30 PM)



Championship

Wednesday, Oct 4 starts at 3 pm at Art Dye Park

tinyurl.com/afjhcc

Register My Athlete (AKTITAVE)

Will open July 25th.

RMA must be completed by the first official practice; no student will compete without RMA complete.

[RMA link](#) All three of the forms must be completed and uploaded to RMA for approval. [Forms link](#)

RMA will close on September 2nd, you cannot register after that. **There is a requirement this year to sign a waiver for the possible use of rental vehicles. As this does NOT pertain to the JH, it is a district wide requirement. So you do have to e-sign to complete the registration.

Physicals

Athlete physicals are only valid for one calendar year. If your athlete's physical has expired, please get that renewed. They must have a current physical to participate in the season.

Cost

Participation is \$25 and clothing will be available in August. We will have a shirt and/or jersey for clothing.

Runners Leaving Campus

Our team will frequently leave the American Fork Junior High School campus under the supervision of the coaches. Students are urged to prepare for distance runs from 2- 5 miles and to continue running for the duration of the run. Distance athletes are trained on safety and road etiquette and are expected to adhere to those guidelines while off-campus. Parents interested in helping in any capacity must meet with Coach Walsh prior to any assistance. A background check (parent responsible for the cost) and meeting with Mr. Paul, the admin over athletics, is required before parents are cleared to help at any practice or event.

Grades

Students participating in cross country must maintain at least a 2.0 GPA, and may not fail more than one class. This is based on the prior year's 4th term grades.