



Seneca Valley Cross Country 2024 Tryout Checklist

Below is a list of everything you must complete to be eligible to try out for 2024 SVXC.

- IMPORTANT!** Please join the remind group SVHS Cross Country by going to the following link: <https://www.remind.com/join/a9d3bk>. This will help you to keep up with important information all summer.
- Parents/guardians should confirm access to ParentVue. Parents/guardians new to MCPS will have their ParentVue login information mailed home this summer. There will be no change in login information for parents/guardians with existing ParentVue accounts. Parents/guardians who need login information should contact the local school. The portal will open for registration on July 15. More information regarding ParentVue is available here: [Athletic Registration Pages from Parents Guardians - Getting Started with ParentVUE.pdf \(montgomeryschoolsmd.org\)](#)
- Run over the summer! To avoid the possibility of injury, it is recommended that you build up slowly to the following weekly distances by August 2. Following the attached schedule is the best way to do that.

Level	Weekly Distance	Long Run
Freshman/New Runner	20 to 25	4 – 5
Junior Varsity	25 to 30	6 – 7
Varsity	32 to 37	8 – 9
Elite	50+	10+

- Join the SVHS starva group at: <https://www.athletic.net/team/18980/cross-country/2023>
- Arrive at tryouts August 14, 2024!** We will meet at the Seneca Valley Track. You will continue to work out each day from 7:00 to 9:00 am to prepare for the time trials August 14 at a location TBD. **YOU MUST START PRACTICE ON AUGUST 10!**
- Come with a great attitude and willingness to challenge yourself!
- Use Remind to contact the coaches if you have any questions.
<https://www.remind.com/join/a9d3bk>
- RUN OVER THE SUMMER!**

“Don’t limit your challenges, challenge your limits!” -- anonymous



SVXC 2024
Frequently Asked Questions



✓ **When is the first day of practice?**

Practice starts on Wednesday, August 14th at 7 AM. As with any sport at Seneca Valley, all runners are expected to be at the first practice to be a member of the team. We will meet at the track.

✓ **Do I have to be a super-fast runner to join the team?**

No. We welcome runners of all abilities. However, we expect you to be committed to the team. This means coming to practice every day, trying your best during workouts and attending meets. Dedication and hard work will make you faster than you have ever been!

✓ **How long is a cross-country race?**

Most races are 5 kilometers (3.1 miles some are 3.0 miles). There are separate races for boys and girls varsity (top seven runners), junior varsity, and sometimes freshmen.

✓ **I'm new to the team. Can I run with other team members this summer?**

Definitely. Running together makes you more accountable and it is more fun. We will be posting information about group runs throughout the summer. Also, feel free to call or e-mail any of the captains to find out what's going on.

✓ **How do I get on the SVXC Remind list?**

We use remind to communicate with all athletes and families. To get on the remind list, download the remind app or go to www.remind.com. Click on Add Class and enter code **@a9d3bk**.

✓ **So what fun stuff is coming up?**

Team dinner, team breakfast, dress-up days and MUCH, MUCH more!

AND REMEMBER...*it's hot out, so be sure to hydrate and drink lots of water all day. Wear comfortable, supportive running shoes when working out. Running in a pair of dirty old sneakers is unsafe and can cause injuries.*