**PVGXC Frequently Asked Questions**

1. **What time is practice?**
	1. Most weekdays practice is from 3:45pm to 6pm.
	2. We will have some morning practices from 6am to 7:30am.
	3. You are expected to be at every practice on time for the duration of the practice. See attendance policy in team handbook online @ http://pvgxc.weebly.com/.
2. **When does the season start?**
	1. 2015 Season – Monday, August 10
3. **What is our meet schedule?**
	1. Online @ http://pvgxc.weebly.com/
4. **How is varsity determined?**
	1. This is directly from our team handbook that can be found online @ http://pvgxc.weebly.com/.
	2. During the regular cross country season the top seven varsity runners will be determined strictly by performance times in previous meets or time trials. For the championship meets at the conclusion of the season, varsity runners will be determined by the coaching staff, considering all factors that will contribute to the best **TEAM** performance.
5. **What equipment do I need for practice?**
	1. This is directly from our team handbook that can be found online @http://pvgxc.weebly.com/.
	2. Each athlete will be issued \*\*:
		1. 1 Competition running uniform (top & bottom)
		2. 1 Practice sweats (top & bottom)

Each athlete will need a pair of running training shoes, running meet spikes, and all necessary practice clothes. We run in cold weather. Have a stocking cap, mittens, and a scarf.

**A runner’s wristwatch is a necessary item also. The coaching staff will check for watches at the beginning of each practice. If an athlete forgets her watch, she will do ten burpees before practice that day.**

1. **Can I ride home with my parents? When can I leave a meet?**
	1. This is directly from our team handbook that can be found online @ http://pvgxc.weebly.com/.
	2. All athletes will travel to the meets together. They will stay the duration of the meet (cheering and encouraging). We are a TEAM! After the meet has ended there will be a brief team meeting at the team camp. After this parents may ask a coach for permission to take their daughter (s) home from the meet **if they have a note signed in advance**. Athletes may not drive themselves to a meet.  In the rare case that an athlete needs to ride to a meet with a parent, they must clear this with the coaches ahead of time (a day in advance or more) and have a signed note from a parent.  Failure to follow this policy may result in disqualification from the meet.
2. **Where is information posted about practice and meets, etc?**
	1. [**http://pvgxc.weebly.com/**](http://pvgxc.weebly.com/)
3. **What forms do I need to turn in to be eligible to practice and where can I find these forms?**
	1. Current (within the last calendar year) doctors physical
	2. Parent Waiver
	3. Concussion Form
	4. You can find these forms online @ http://pleasval.org/high-school-information-forms/