

South High XC

2026 Information Night -
08/21/2026

2026 Coaches

- ▶ David Cordts - dacordts@gmail.com
- ▶ Mike Gunnar - mgunnar@roadrunner.com
- ▶ Aaron Cohen - jaysfan0825@gmail.com

Agenda

- ▶ Schedule
- ▶ Things to Take Care of ASAP
- ▶ Booster Club
- ▶ Sports Contribution
- ▶ Required Clothing and Gear
- ▶ Practice Protocol
- ▶ Race Day Information
- ▶ Injury Prevention
- ▶ Online Results
- ▶ Communication

2026 Meet Schedule

- ▶ Sat, Aug 22 - Redondo Cross Country Relays - First Race 8:00 am @ Redondo Union High School - No Bus
- ▶ Sat, Aug 30 - We RUN LA- First Race 8:00 am @ Cal State LA - Bus 6:00 am
- ▶ Sat, Sept 5 - ASICS Cool Breeze Invitational (Varsity Only) - First Race 4:30 pm @ Galway Downs, Temecula
- ▶ Sat, Sept 12 - Rosemead Invitational - First Race TBD @ Rosemead High School

2026 Meet Schedule

- ▶ Sat, Sept 19 - Woodbridge Cross Country Classic - First Race TBD - Great Park, Irvine
- ▶ Fri, Sept 25 - Desert Twilight (Boys Varsity Only) -Toka Springs Golf Course, Mesa AZ
- ▶ Sat, Oct 3 - Central Park Invitational - First Race TBD - Central Park, Huntington Beach
- ▶ Tues, Oct 6 - Pioneer League Meet #1 - First Race 2:30 pm
- ▶ Sat, Oct 17 - Bell Gardens Invitational - First Race 8:30 am @ Autry Museum of the American West, Los Angeles

2026 Meet Schedule

- ▶ Sat, Oct 25 - Mt. SAC Invitational - @ Mt. San Antonio College, Walnut
- ▶ Wed, Oct 28 - Warrior Mile - @ West High School
- ▶ Wed, Nov 4 - Pioneer League Finals - First Race 2:00 pm
- ▶ Sat, Nov 15 - CIF Southern Section Prelims* - @ Mt. Sac
- ▶ Sat, Nov 22 - CIF Southern Section Finals* @ Mt. Sac
- ▶ Sat, Nov 29 - CIF State Championship* - @ Woodward Park, Fresno CA

*Varsity qualifying teams only

Things to Take Care of ASAP:

- ▶ Get your athletic clearance ASAP which includes a doctor visit and completing the steps on online through Home Campus.
<https://www.homecampus.com/athletic-clearances>
 - ▶ Required to practice and compete.
- ▶ Team warmups & competition shorts from Cal Pro Sports - online store now open.
- ▶ Get a PE Locker.



For Students & Parents

For School Admins

For Coaches

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South High Track & Field / XC Booster Club

- ▶ Every athletic team at South requests donations to help fund their sport. Very little funds are given from the district
- ▶ Many teams have booster clubs to help raise funds and support the teams
- ▶ Donations collected help purchase need equipment, supplies, timing equipment, coaching stipends, invitational entry fees, Gatorade, team meals, etc
- ▶ Sports Contribution this year \$250 for XC only, or \$500 for both XC and Track (save \$50).
- ▶ Please make checks payable to “South High Cross Country and Track & Field ”

Sports Contribution

- ▶ This is NOT the same as the transportation contribution that is paid when you do the on-line athletic clearance. That contribution is solely for transportation (i.e. buses) to/from the meets. This sports contribution is for all other expenses associated with Cross Country.

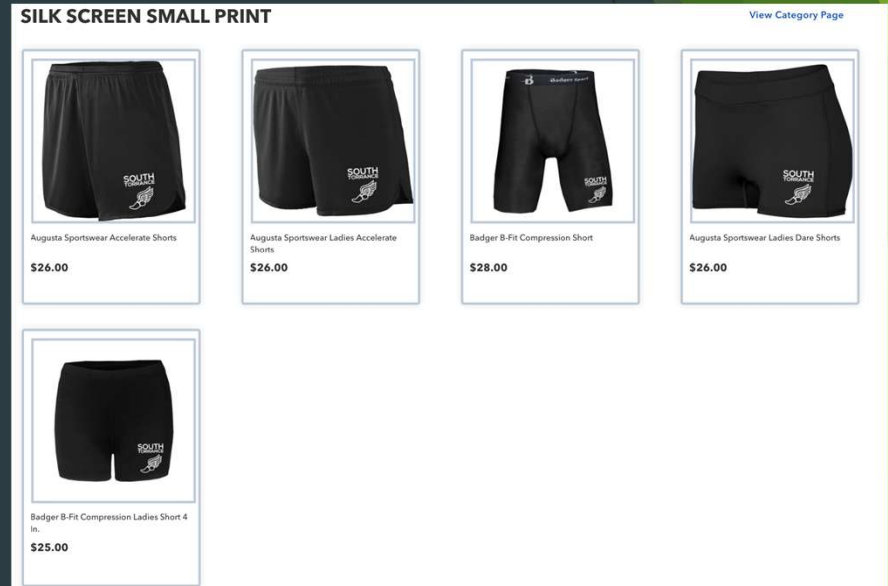
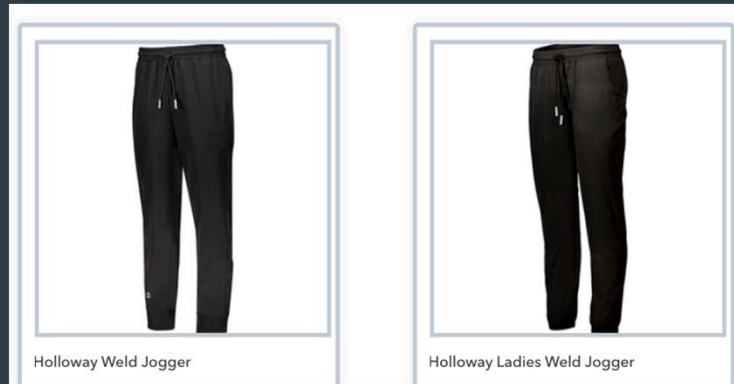
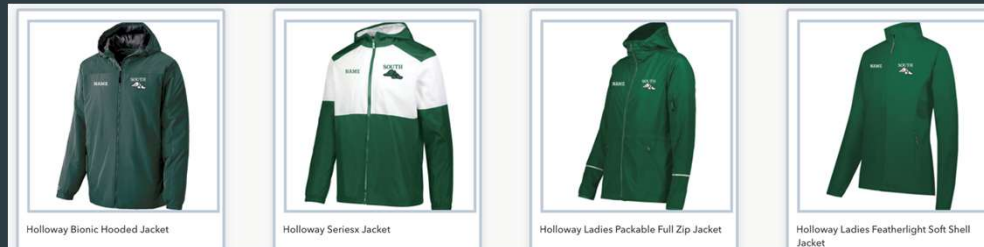
THERE ARE TWO WAYS TO PAY:

- ▶ Make checks payable to:
 - ▶ South High XC & Track
- ▶ Pay via Zelle:
 - ▶ South High Cross Country and Track & Field
(xcshstf@gmail.com)
- ▶ *Please write the athlete's first and last name on the memo line.*



Required Gear

Warmup Bottoms & Top and Competition Shorts



Note: You may purchase from online store, or use a similar “black” short like Nike Pro bottoms

Cal Pro Sports - Online Store -
Open Now Through Tuesday, September 8

<https://calprosports.chipply.com/SOUTHXC2026>

Required Gear - Good Running Shoes

Neutral Shoes



Stability Control Shoes
(over-pronation)



Good for those with shin splints

Recommended Running Stores

Village Runner - Hollywood Riviera

Road Runner Sports - Crenshaw Blvd. Next to Kohls

VS Athletics - 1450 W 228th St #8, Torrance, CA 90501



Uniform Jersey Tops Issued by Team





XC Racing Flats

MEN'S CROSS COUNTRY RUNNING SHOES (8...

Clear Filters (3) Categories Cross Country x Hide Filter Sort by Popularity

Categories

- ☐ Running (261)
- ☐ Sandals (116)
- ☐ Trail Running (93)
- ☐ Casual (88)
- ☐ Hiking (60)
- ☐ Cross Training (50)
- ☐ Walking (40)
- ☐ Track and Field (25)
- ☒ Cross Country (8)
- ☐ Tennis & Volleyball (7)
- ☐ Injury Prevention & Recovery (6)

Brand

Search

- ☐ New Balance (3)
- ☐ Nike (2)
- ☐ Saucony (2)
- ☐ Under Armour (1)

Shoe Size

USA Sizes

5.5	6.5	7	7.5	8
8.5	9	10	10.5	11
11.5	12	12.5	13	14

Shoe Width

Unisex Standard Men's Standard



Men's Saucony Havok XC3 Spike
★★★★ 2 Reviews
\$84.95
VIP, All Your Benefits Apply!



Men's Saucony Kilkenney XC9 Spike
★★★★ 3 Reviews
\$64.95
VIP, All Your Benefits Apply!



Men's New Balance XC Seven V3
★★★★ 1 Review
\$69.95
VIP, All Your Benefits Apply!



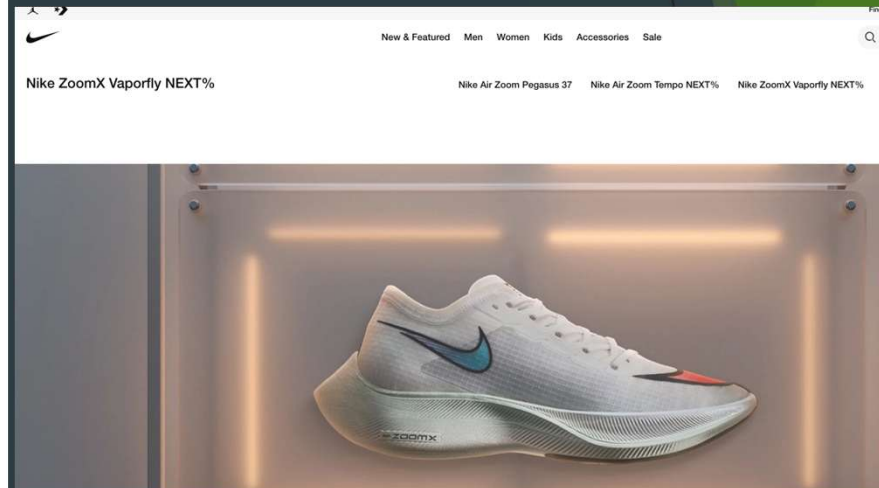
Nike Zoom Rival XC 5
★★★★ 3 Reviews
\$64.95
VIP, All Your Benefits Apply!



Nike Zoom Rival Waffle 5
★★★★ 1 Review
\$64.95
VIP, All Your Benefits Apply!



New Balance XC Seven
★★★★ No Reviews
\$69.95
VIP, All Your Benefits Apply!



Practice Protocol

- ▶ Practice starts promptly at 2:30PM every school day and typically lasts 2 hours. Students are required to check-in before practice and check-out once the workout, including stretching and icing, is completed. Tardies and absences will be reported to the attendance office.
- ▶ Students needing to leave prior to 3:22PM must get an off-campus pass through the attendance office.
- ▶ ALWAYS expect there will be practice, even if it is raining or forecasted to rain.
- ▶ Varsity athletes and some JV will have practice on Saturdays when no meet is scheduled. Times will vary depending on event and coach.

Practice Protocol

- ▶ Practice is mandatory. Students are expected to attend every practice for the full duration. Athletes that do not practice will not compete in meets and eventually dropped.
- ▶ Students will come to practice ready to train and give full effort. This includes wearing proper attire and shoes, bringing spikes/flats/sweatshirt, eating a good lunch, and hydrating throughout the day.
- ▶ Students are expected to complete the entire assigned workout unless you have permission from your coach to modify the workout.

Practice Protocol

- ▶ Do NOT bring valuables to the track. The team is not responsible for stolen items.
- ▶ All absences will be recorded, and students with excessive absences, regardless of reason, will be dropped.
- ▶ If you must be absent from practice, let your coach know (in writing) in advance.

Practice Protocol

- ▶ Cross Country and Track and Field can be a very dangerous sport if safety guidelines are not followed.
 - ▶ Be Alert - cars, flying discs & shots, and people sprinting can all cause serious harm or death. No headphones allowed.
 - ▶ No horseplay or foolish behavior (which includes doing flips on the mats).
 - ▶ When lifting weights, follow proper lifting techniques and never lift alone.
 - ▶ Give warning when passing someone on the track. Don't assume everyone knows what "Track!" means.
 - ▶ Follow instructions. Be where you need to be.

Practice Protocol

- ▶ If you are getting sick or feeling injured, talk to your coach. Your coach may (or may not) modify your workout. If you are sick, you should not be at school. Stay home.
- ▶ Culture of Honor
 - ▶ Clean up after yourself. Put trash in trash cans.
 - ▶ Respect other and treat others the way you like to be treated
 - ▶ No foul language, putting others down, or coarse joking will be tolerated.
 - ▶ Win with character, lose with dignity. We will show good sportsmanship
- ▶ Practice is how we improve. Practice is where champions are made!

Race Day Information

- ▶ What to bring to a meet or invitational?
 - ▶ Bring yourself, on time for the bus (fifteen minutes before departure.)
 - ▶ If getting to a meet on your own - arrive 75 minutes before race time.

Race Day Information

- ▶ Bring your shoes (if you have racing flats, bring both pairs), jersey, sweats, and an extra T-shirt.
- ▶ Bring food and drinks for the long meets (optional.)
- ▶ Bring money to buy food, drinks, or T-shirt (optional.)
- ▶ Bring a book (optional.)

Race Day Information

► Preparation before the race:

- Know what race you are in and when it is expected to start.
- Know the course. Study a map and walk the course as a group.
- Go to the bathroom early; at least a half an hour before your race.
- Get your name tag and pins (or timing chip) from a coach.
- Warm up with your teammates (with your sweats on.) If possible, warm up near the Clerk of the Course or the Race Starter.
- Double tie your shoes.

Race Day Information

- ▶ After the race:
 - ▶ Team warm down with sweats on. The warm down should be about 1 or 2 miles long.
 - ▶ If used, return the timing chip.
 - ▶ Cheer and support your teammates in other races.
 - ▶ You can not give or pour water on runners. Do not run side by side with runners while you are cheering them on.
 - ▶ Know when the last race of the day is. Do not wander off when the team is ready to leave.

Race Day Information

- ▶ Other thoughts:
 - ▶ If you have to miss a meet, give advance warning to the coaches (not the day before or day of the meet.)
 - ▶ If you are getting a ride to/from the meet, then the driver must sign a check-out list at the meet.
 - ▶ If you must leave a meet early, then tell a coach before leaving. We encourage that you ride to and from meets on the bus with your teammates.
 - ▶ Remember your conduct and behavior is a reflection of the South High Cross Country Program. Display good sportsmanship for yourself and the team.

Injury Prevention

- ▶ Good Shoes / New Shoes
- ▶ Proper warmup and cool down (Stretch/Roll/Ice)
- ▶ Consistent training (don't miss practice)
- ▶ Good form and running mechanics
- ▶ Manage injuries early-on - prevention is key

Injury Prevention

- ▶ Hydrate well with water and electrolyte drinks
- ▶ Eat well (fruits & veggies, complex carbs, lean protein, good fats)
- ▶ Get good sleep (8-10 hours every night)
- ▶ Limit other physical activities

Online Results - Athletic.net

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Team Code: **PLJPF8SV** [Share](#) [Learn More ?](#)

[2026 Season Calendar](#) [+ Add A Meet](#)

Sat, Aug 22  Redondo Cross Country Relay

Sat, Aug 29  We RUN LA

Sat, Sep 5  ASICS Cool Breeze Invitational

Sat, Sep 12  Rosemead XC Invitational

Fri, Sep 18 -  45th Annual Woodbridge Cross Country Classic

[Add a Team Welcome Message](#)

Create Post

What would you like to share...

 Add Photo(s)  Add Video(s)

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Announcements

Lastest News...

1. All students hoping to participate in Cross Country this Fall must attend summer training, enroll in 6th period XC class, and get cleared to through South's Athletic Department (F-1). [CLICK HERE](#) for information on how to get cleared and access the online portal Home Campus.
2. As part of the athletic clearance process,

2025 Meet Schedule

Sat, Aug 23 - Redondo Cross Country Relays - 8am start @ Redondo Union High School - **No Bus**

Sat, Aug 30 - ASICS Cool Breeze - 4pm start @ Pomona Fairplex

Sat, Sept 6 - Dana Hills Invitational - 10:45am start @ Dana Hills High School

Sat, Sept 20 - Woodbridge Cross Country Classic - 3:50pm start - Irvine Great Park

Communication

- ▶ Website

 - ▶ Southxc.com

- ▶ Team IG page

- ▶ Stats & Results

 - ▶ athletic.net

- ▶ Questions - Please email

 - ▶ Coach Dave - dacordts@gmail.com

 - ▶ Booster Club - Martha Tremblay -
mrincontremblay@icloud.com

**Cal Pro Sports - Online Store -
Open Now Through Tuesday, September 8**

<https://calprosports.chippily.com/SOUTHXC2026>

Athletic Clearance through Home Campus:

<https://www.homecampus.com/athletic-clearances>