

STANDLEY LAKE HIGH SCHOOL

Cross Country

2026 Season Handbook



Welcome to Gator XC!

Welcome to another season of Standley Lake Cross Country! We are excited to have you as part of our team. Whether you're a returning runner or joining us for the first time, there is a place for you here.

Our goal is to create an inclusive team where every athlete feels welcomed, valued, and supported while also striving to compete at a high level against other teams across the state. We believe every athlete has an important role in our program and can contribute to our team's success. We encourage athletes to work hard, challenge themselves, support their teammates, and help each other improve every day.

As coaches, we strive to develop not only stronger athletes, but also confident, resilient, and respectful young people. Through dedication, teamwork, and a positive attitude, we hope every athlete leaves the season a better runner, teammate, and person than when they started.

We're excited for a great season! Go Gators!

Coaching Staff:

Conley Campbell - Girls Head Coach

- conley.campbell@jeffco.k12.co.us

Tucker Grose - Boys Head Coach

- tucker.grose@jeffco.k12.co.us

Communication:

Our primary form of communication is SportsYou. Please download the app and join our team page to stay up to date on practices, meet information, schedule changes, team events, and other important announcements.

Team Code: DJ7R-B74Z

If you need to contact a coach directly, please contact via email or the chat option in SportsYou. Girls, reach out to Coach Campbell. Boys, reach out to Coach Tucker.

Practice Schedule:

The team will practice Monday through Friday from 3:45–5:30 p.m. We will meet at the track each day.

Practice times may change on meet days or due to other schedule adjustments. Please check SportsYou regularly for any updates or changes to the practice schedule.

Make sure you are prepared for practice with running shoes, appropriate running clothes and water.

Meet Schedule:

Date:	Meet:	Location:
8/22/26	Gator Invitational	Community College Open Space Westminister, CO
8/29/26	Centaurus Invitational	Waneka Lake Park Lafayette, CO
9/4/26	Niwot Invitational	Niwot High School Niwot, CO
9/11/26	Jaguar Twilight Invitational	Broomfield County Commons Broomfield, CO
9/15/26	Littleton Lions XC Classic	DeKoevend Park Littleton, CO
9/18/26	Arvada West Invite	Stenger Soccer Complex Arvada, CO
9/25/26	Longs Peak Invitational	Estes Park Golf Course Estes Park, CO
10/2/26	Pat Amato Classic	Northwest Open Space Northglenn, CO
10/14/26	JEFFCO League Meet	NAAC Arvada, CO
10/22/26	4A Regionals	Northwest Open Space Northglenn, CO
10/31/26	State Championships	Norris Penrose Event Center Colorado Springs, CO

Check SportsYou for specific times of each meet

Meet Transportation:

This year, transportation to most meets will be the responsibility of student-athletes and their families. Carpooling is strongly encouraged whenever possible.

Athletes will be given an expected arrival time for each meet and are expected to remain at the meet for its duration to support their teammates and participate in team activities. Specific drop-off and pick-up times will be communicated as each meet approaches. Please check SportsYou regularly for these updates.

We understand that some meets are held during the school day or are located farther from Standley Lake. For those meets, we will work with the school to provide transportation to and from the meet whenever possible. Additional details will be shared through SportsYou as they become available.

For meets that include bus transportation, all student athletes will be required to ride the bus to and from the meet unless other arrangements have been communicated with the coaches.

Attendance Policy:

All practices and meets are mandatory unless otherwise stated. Consistent attendance is important for individual growth, team success, and building a strong team culture.

We understand that life happens and things come up. If you know you will be missing a practice or meet, please communicate with Conley Campbell (Girls) or Tucker Grose (Boys) as soon as possible. We are willing to be flexible when there is proper communication and advanced notice.

An excused absence is when a student-athlete or parent communicates with a coach at least 24 hours in advance about a missed practice and 48 hours before a meet.

An unexcused absence includes a last-minute absence, a no-call/no-show, or failing to communicate with a coach.

If an athlete has 2 unexcused absences OR 5 total absences, we will schedule a meeting with the athlete to discuss expectations, commitment, and whether being part of the team is the right fit moving forward.

Varsity/JV:

There is a limited number of athletes allowed to compete in the Varsity race at meets. Typically, this includes 7–10 athletes depending on the meet requirements.

Varsity placement is usually determined by performance and race times; however, final race assignments are always at the discretion of the coaching staff. Coaches consider multiple factors, including current performance, consistency, team needs, and what will provide the best opportunity for each athlete to be successful.

Please trust that coaches are making thoughtful decisions with both the team and individual athlete's growth in mind. Every athlete, whether competing in Varsity or JV, plays an important role in the success and culture of Standley Lake Cross Country.

Varsity Lettering:

Athletes may earn a Varsity Letter at the end of the season by meeting one or more of the following criteria:

- Compete in more than half of the Varsity races during the season.
- Compete in the Regional Championship and/or State Championship.
- Be a senior who has completed four seasons of cross country in good academic standing.

Please note: final lettering decisions will be at the discretion of the coaches.

Eligibility:

All student-athletes are expected to meet the required CHSAA eligibility standards related to grades, behavior, and attendance. The coaching staff will receive eligibility reports from the Athletic Office throughout the season to ensure all athletes are meeting requirements and remain eligible to compete.

Gator Gear:

Each athlete will be expected to purchase required team gear, including a warm-up top, warm-up bottoms, and uniform bottoms. **If you have previously bought these items for previous seasons of cross country or track, you do not need to purchase them again.**

The team will provide uniform tops for athletes to wear during the season. Uniform tops are school property and must be returned at the end of the season in good condition.

Warm-up gear and racing bottoms should be worn to each meet as part of our team uniform expectations. Wearing team gear helps us look unified, represent Standley Lake with pride, and build a strong team culture.

Additional Gator gear and apparel will be available for purchase as well.

Please reach out to a coach directly if you need financial assistance.

LINK TO GATOR STORE WILL BE POSTED ON SPORTSYOU.

THE GATOR STORE WILL CLOSE ON 8/24.

Student-Athlete Expectations:

Being part of Standley Lake Cross Country means being a responsible teammate, a dedicated athlete, and a positive representative of our school and community. We expect all athletes to:

- **Communicate with Coaches** — Keep coaches informed about absences, injuries, concerns, or other important information.
- **Be On Time & Prepared** — Arrive on time with the appropriate shoes, clothing, water, and gear.
- **Work Hard** — Give your best effort and challenge yourself at practice and meets.
- **Support Your Teammates** — Encourage others and help create a positive, inclusive team environment.
- **Good Sportsmanship** — Treat teammates, coaches, competitors, officials, and spectators with respect.
- **Represent SLHS Well** — Make good choices and represent Standley Lake positively at practices, meets, runs, and in the community.
- **Prioritize School** — Academics come first. Stay on top of your schoolwork and communicate with coaches if you need support balancing school and cross country.
- **Be a Good Teammate** — Help make yourself and those around you better, both as athletes and as people.

