

Frequently Asked Questions:

Will I need a Physical? Yes, a physical is needed for all DISD athletics.

<https://schools.dickinsonisd.org/upload/page/4690/22-23%20DISD%20Physical%20Packet.pdf>

How many miles will I have to run? It varies by speed and condition. You might have to run anywhere from 3 to 10 miles on any given day.

How often will I have to run? Plan on every day except Sunday.

How do I make the team? [Register](#) with Coach Welch during the summer. Show up on day one. Try your hardest. We will have tryouts for the first few days of the season. Your best chance of making the team and competing are to show up in shape, on time.

Are there cuts? Athletes that can run, want to run, and work hard to run faster and pass all classes will make the team.

How many athletes are on the team? There is no cap.

How many can run varsity? 7 boys and 7 girls to the varsity district meet. A minimum of 5 entries constitutes a team. The district host may run additional races if necessary. Ten entries are allowed for the Junior Varsity division as well as Freshman. Unlimited entries for open division.

Will I compete? Yes. Even if you do not run varsity there is a race for you as long as you meet the UIL & DISD requirements to compete. For more information contact Coach Welch.

What distance do we race? 2M-5K

What kind of shape should I be in? As a beginner, you should be comfortable running 10 miles per week or more by the time summer runs start. As a varsity athlete, you are expected to pick up close to where you left off.

What is summer base training ? A way to build a base. We will start summer runs after the last day of school. Times and days will be posted on the website.

If you cannot find your answers, please email the head coach at mwelch@dickinsonisd.org.