

2024 XC INFO MEETING

MAY 2, 7:00PM



COMMUNICATION

- **Coach Coleman** email: BLUEDEVILSXC@GMAIL.COM
- **REMIND:** TEXT @MHSCC2 OR @MHSCC3 TO 81010
- **Registration @** mariettaxc.weebly.com

PARTICIPATION

- 8TH: JV ONLY 9TH -12TH: JV & VARSITY
- FINAL FORMS <https://marietta-ga.finalforms.com/>
 - Upload Physical & sign school forms
- Academically Eligible (9th grade is okay)
- Please review the TEAM GUIDELINES before trying out
 - Signed Parent/Runner Contract after Tryouts.
- Outside coaches in Season
- Other activities & sports

SUMMER RUNNING

- **JUNE 3 - JULY 26th** 7:30 -10:00 AM Monday Wednesday, & 7:30-9:15 AM on Thursday.
- **Dead Weeks:** May 27th-June 2nd & July 1st-7th (NO COACHES)
- **IF IN TOWN, BE HERE**
- Best time for “**New Runners**” to get in “**Running Shape**”
 - This is “**not required**” to make the team
 -

Making the Team

- **New Runners**
 - Summer Running & Running logs
 - **12 minute run test**
- **Returning runners:**
 - Summer Running sessions
 - Summer Running & Running Logs
 - Average 25-27 miles weekly (depending on experience)
 - **12 minute run test**

SEASON

- **FIRST DAY OF PRACTICE & TRYOUTS:** WED AUG 1st (12 Minute Test)
 - DAILY PRACTICE 3-5PM M-F
- **BLUE DEVIL DASH** Team Time Trial: AUG 3rd
 - RACING STARTS AT 7:30AM
 - FAMILY EVENT
- **RACE SCHEDULE**
 - Mainly Saturdays from August to October.
 - Rarely a week night (Possible Friday, Sept 21st)
 - Will send out when finalized
 - State Championships Nov 8-9th.

Attendance

- Practice absences
 - Excused
 - Unexcused
 - 5 Absent Rule
- Meet absences

Transportation

- Practice
 - 5:15 Pickup
- Meets
 - Red Folder

BOOSTER CLUB

• OFFICERS

- PRESIDENT: Kiera Nesmith
- VICE PRESIDENT: Emily Gross
- SECRETARY: Meredith Warren
- TREASURER: Chase Fortenberry

• PARTICIPATION EXPENSES

- BOOSTER CLUB FEE: \$200 PER FAMILY
- UNIFORM SHORTS: \$40 (ALL NEED TO PURCHASE)
- SQUARE/CHECK/ZELLE/MONEY ORDER
- TEAM STORE for Sweats and other apparel

BOOSTER CLUB

- **CURRENT ACCOUNT BALANCE:** \$20,384
- NEW BUDGET WILL POSTED in AUGUST

MHS XC SPONSORSHIP PROGRAM

- **RUNNER FUNDRAISING**
 - BUSINESS & FAMILY SPONSORSHIPS
 - MINIMUM GOAL: **\$200** PER RUNNER (WOULD LOVE MORE)
 - INCENTIVE FOR ATHLETE WHO RAISES THE MOST SPONSORSHIP
- **SATURDAY AUG 3rd (BLUE DEVIL DASH)**
 - DEADLINE FOR ALL SPONSORSHIPS

TEAM COMMITTEES

- BLUE DEVIL DASH
- MEET FOOD
- TEAM BONDING ACTIVITIES
- PRE RACE PASTA DINNERS
- REGION MEET DINNER
- END OF SEASON SLIDESHOW
- END OF SEASON AWARDS CELEBRATION
- FUNDRAISING

BERRY RUNNING CAMP

- **M-F July 8th- July 12th @ Berry College**
- **COST:** \$400
- 9th- 12th grades
 - Athlete will need to be cleared by coaches to attend based on fitness.
 - 6 weeks of avg 25 miles or more weekly
 - 2 Kolb Farm loops: Boys: 64 minutes & Girls 72 minutes
 - All miles uploaded on V.02
- Not required to be on the team
- **REGISTRATION & OTHER INFO WILL BE** sent to parent & athlete once they are eligible.

PARENT QUESTIONS ????

- **TEAM CONTACT**

- JACK COLEMAN: BLUEDEVILSXC@GMAIL.COM ; 404-641-4773
- REMIND TEXT MESSAGE SERVICE: TEXT @MHSCC2 OR @MHSCC3 TO 81010 TO SIGN UP

- **BOOSTER CONTACT**

- PRESIDENT: Kiera Nesmith: kieran smith06@gmail.com
- TREASURER: CHASE FORTENBERRY: mariettaxcbooster@gmail.com
- UPDATES ON BUDGET, SEASON SCHEDULE
 - Emailed out in Summer

Sign Up Now!

