



CROSS COUNTRY GUIDELINES AND INFORMATION

Dear Parents:

Welcome to the Knight's Cross Country Family! We are looking forward to an amazing season of running under the guidance of our new SJS coach, Coach Jerry Raymond! Coach Raymond has over 20 years of experience being a XC and track coach in public and private schools and served as an administrator for 27 years, recently retiring as principal from St. Thomas More School in Decatur. We are blessed to have him on board to say the least! Here are a few things that you need to know:

- The practice schedule will be Monday and Tuesday, from 3:30-4:30 as well as Wednesday from 2:30-3:30. Practice begins Tuesday, August 8. **Please ensure that your child has a physical on file prior to the first practice.** A copy of the physical form can be found on the SJS website. Please make certain to return the form to **the school nurse or your child's classroom teacher** as soon as possible.
- ***There will be a brief parent meeting immediately following the first practice on 8/8.*** Please plan to attend.
- Practices will end no later than 4:30. ***Please note that any student not picked up on time will be sent to EDP and parents will be charged accordingly.***
- The athletic fee will be collected through FACTS prior to the first meet. The fee is \$120. You will be notified prior to billing.
- If the weather is inclement, we will cancel practice or possibly plan an indoor workout. Our Athletic Director, Chris Moore, makes the call on canceling practices and meets. She will communicate changes to parents by 1:00 PM of the day of the cancellation.
- Practices will be a combination of long-distance running, speed work, and hills. They will include strengthening and stretching drills, too.
- ***Please also fill out the carpool form if you think your runner may need a ride to a meet. Return to the front office.***
- All runners are expected to come to every practice fully dressed in running gear and with proper hydration. **It is the responsibility of the runner to contact Coach Raymond if he/she will not be able to attend practice. Multiple missed practices may result in missed meets.** jerryraymond49@gmail.com or 404-839-1485.
- Student grades will be evaluated throughout the season. Please review details regarding academics in the SJS handbook.
- If you are interested in being a team mom or dad, please contact Chris Moore at the address below. WE WOULD REALLY APPRECIATE YOUR HELP, plus it's an easy way to earn volunteer hours!

We look forward to continuing the wonderful progress the St. Joseph Cross Country team has made over the years and appreciate all your help and support throughout the season.

Thank you,

Your SJS Athletic Department

Jerry Raymond

Head Coach

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SJS Athletic Director

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