

2023 TKA KNIGHT'S CROSS COUNTRY INFORMATION

CROSS COUNTRY EXPECTATIONS

The TKA Cross Country program is a competitive program open to students 5-12th grade. While all levels of runners are welcome to join the team, each runner must take seriously the expectations of the coach at all practices and meets. Students participating in Cross Country are expected to put forth their best effort at practices and meets. The minimum expectation of each runner is that they will run the entire course at their own pace each time they attend practices and meets with the goal of achieving their "personal best" and improving as the season progresses.

To be eligible to attend practices, students must register on Team Snap no later than June 5th. **THIS IS A HARD DEADLINE FOR THE UNIFORM ORDER.**

Athletes who participated in 2023 Track & Field season will not need to order a uniform.

Cross Country Registration link: <https://go.teamsnap.com/forms/373353>

SPORTS PHYSICALS & FORMS

Prior to participating in voluntary workouts, practices or meets, students must have a current physical form on file in the Athletic Department that indicates that the student is physically approved for participation.

Participants must turn in the following forms to the Athletic Department no later than June 30th, 2023 (all forms can be found at thekingsacademy.org/athletics):

Submit Annually

- Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form)
- MS AES: Copy of current report card signed by parent (ALL AES athletes only)
- HS AES: Transcript of all courses taken since 9th grade (ALL AES athletes only)
- Georgia Declaration of Intent to Homeschool form (New and returning AES athletes only)
- TKA AES Information Form (ALL AES athletes only)

Submit One Time

- High School Affidavit of Eligibility (New HS athletes 9-12th)
- Middle School Affidavit of Eligibility (New MS athletes 6-8th)
- Birth Certificate (New athletes only)
- Concussion Acknowledgement Form (New athletes only)
- Sudden Cardiac Arrest Awareness Form (New athletes only)
- GAPPS AES Student Application (New AES athletes only)
- Senior Exit form (AES seniors only)

ESTIMATED PARTICIPATION FEES

TKA Student	\$400.00
AES Student	\$460.00

ESTIMATED UNIFORM FEE

\$55.00 per athlete
(excluding 2023 Track participants)

We will not be accepting checks for payments this year. You will be able to set up a payment plan using TeamSnap. All registrants may either pay in full via ACH or Credit Card or pay \$100 at registration and three equal payments using a credit card. To utilize this option, on the payment screen select "Pay With Card". Scroll down to turn on "Split payment into installments." Your credit card will be automatically charged the same day each month until all installments are completed.

Photos will be included in your registration fee. Each athlete will have an individual and team photo taken. The \$12 designated for photos in your registration fee will provide you with 1 5x7 individual photo, 1 5x7 team photo, and a digital image of your athlete. Each team's committee will have access to the digital images to use for the year end banquet, awards and any other needs.

SUMMER PRACTICES

Will begin July 10th · Locations will be communicated via Team Snap

FALL PRACTICE SCHEDULE

Mon/Tue/Thurs/Fri @ 4:15 p.m.

Practice locations:

Mondays: Leita Thompson Park, 1200 Woodstock Road, Roswell

Tuesdays/Fridays: JJ Biello Park, 610 Drew Cameron Court, Woodstock

Thursdays: Sequoyah Park, 7000 Vaughn Road, Canton

Once the meet season begins, practices will be determined on a week-to-week basis according to the meet schedule, but they will follow roughly the same time frame and locations.

GAPPS DATES

GAPPS Dead Week 7/3/23 through 7/9/23 (no practices or conditioning)

First Mandatory Practice 7/31/23

First Meet TBD

State Meet MS 10/7/23

State Meet HS 10/21/23

CONTACTS

Coach Caleb Bass
calebbass24@gmail.com

Coach Brandie Fenton
brandie.fenton@att.net

TBD, Team Coordinator

Will help with team communication & volunteers

Contact Chris Camp if interested in this volunteer position.