

2024 TKA KNIGHT'S CROSS COUNTRY INFORMATION

CROSS COUNTRY EXPECTATIONS

The TKA Cross Country program is a competitive program open to students 6th-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 May 13th. THIS IS A HARD DEADLINE FOR THE UNIFORM ORDER.

Athletes who participated in 2024 Track & Field season will not be required to order a uniform.

Cross Country Registration link: <https://registration.teamsnap.com/form/6554>

SPORTS PHYSICALS & FORMS

Students must have a current physical form on file in the Athletic Department prior to participating in tryouts, practice, voluntary workout, or game that indicates that the student is physically approved for participation.

Participants must turn in the following forms to the Athletic Department no later than May 17th (all forms can be found at thekingsacademy.org/athletics/forms):

Submit Annually

- Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). GIAA form if HS; GAPPS form if MS. Physicals after 4/1/24 will be good for the entire 2024/2025 school year.

ATTENTION: NEW FORMS FOR HIGH SCHOOL ATHLETES:

- HS: GIAA Student/Parent Concussion Awareness Form
- HS: GIAA Student/Parent Sudden Cardiac Arrest Awareness Form
- HS: GIAA Heat Policy Awareness Form

Submit One Time

- Birth Certificate (New athletes only)
- High School Affidavit of Eligibility (New HS athletes 9-12th)
- Middle School Affidavit of Eligibility (New MS athletes 6-8th)
- MS: GAPPS Concussion Acknowledgement Form (New athletes only)
- MS: GAPPS Sudden Cardiac Arrest Awareness Form (New athletes only)

AES/HOMESCHOOLED ATHLETES:

- Refer to separate AES Approval Process Document.

PARTICIPATION & UNIFORM FEES

XC Registration fee	\$450.00
Uniform fee for new participants	\$55.00 per athlete
(Returning athletes will have the option to purchase new/replacement uniform items.)	

2024 TKA KNIGHT'S CROSS COUNTRY INFORMATION

We will not be accepting checks for payments this year. All registrants may either pay in full via ACH or Credit Card or pay \$150 at registration, followed by three equal monthly payments. To utilize this option, on the Checkout screen select "Deposit of \$150, then 3 payments monthly." 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 – OPTIONAL

June 17th – June 27th, Mondays, Tuesdays, Thursdays

FALL PRACTICE SCHEDULE – MANDATORY practice begins July 8th

Mondays 5:00
Tue/Thurs/Fri @ 4:30 p.m.

Practice locations:

Mondays: Leita Thompson Park, 1200 Woodstock Road, Roswell

Tuesdays – Dupree Park, 513 Neese Road, Woodstock

Thursdays: Sequoyah Park, 7000 Vaughn Road, Canton

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

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

GIAA & GAPPS Dead Week	7/1/24 through 7/7/24 (no practices or conditioning)
First Mandatory Practice	7/8/24
First Meet	TBD
GAPPS MS State Meet	10/5/24
GIAA HS State Meet	10/26/24

CONTACTS

Coach Caleb Bass
calebbass24@gmail.com

Coach Brandie Fenton
brandie.fenton@att.net

Team Coordinators
Kim Casey & Jennifer Landram