

2025 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.

REGISTRATION

Registration deadline: June 11th

Cross Country Registration link: <https://registration.teamsnap.com/form/25189>



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 16th (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 4/1/25 will be good for the entire 2025/2026 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
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Uniform – New uniform singlet. Cost of singlet will be included in registration fee. Athletes will have the option to purchase shorts and spirit wear items in the Cross Country store. Link to be provided later.

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All registrants may either pay in full via ACH or Credit Card or pay \$75 at registration, followed by three equal monthly payments of \$125 each. 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 16th – June 26th

Mondays: 5:00-7:00 @ JJ Biello Park

Tue: 5:00-7:00 @ JJ Biello Park

Thurs: 5:00-7:00 @ JJ Biello Park

FALL PRACTICE SCHEDULE – MANDATORY practice begins July 7th

July 7th – August 1st

Mondays: 5:00-7:30 @ JJ Biello Park

Tue: 5:00-7:30 @ JJ Biello Park

Thurs: 5:00-7:30 @ JJ Biello Park

Fri: 5:00-7:30 @ JJ Biello Park

August 4th- October 24th

Mondays: 5:00-7:30 @ Leita Thompson Park

Tue: 4:45-7:15 @ Dupree Park

Thurs: 5:00-7:30 @ Sequoyah Park

Fri: 4:30-7:00 @ JJ Biello Park

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	6/30/25 through 7/6/25 (no practices or conditioning)
First Mandatory Practice	7/7/25
First Meet	TBD (mid August)
GAPPS MS State Meet	TBD (sometime in early October)
GIAA HS State Meet	10/25/25

CONTACTS

Head Coach Caleb Bass
calebbass24@gmail.com

Team Coordinator for HS and MS - TBD
Assistant XC Coach - TBD