2026 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 & UNIFORMS

XC Registration fee $475.00

XC Registration link: https://registration.teamsnap.com/form/59015

Uniform – Any athlete who did not participate in the Track 2026 spring season will need to purchase a new uniform. Uniforms will be purchased through the Track Uniform store. The link will be sent out at a later date.

All registrants may either pay in full via ACH or Credit Card or select the payment plan ($75 due at registration. Two equal monthly payments will process automatically to your credit card July 10th and August 10th.

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.

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 prior to tryouts (all forms can be found at thekingsacademy.org/athletics/forms):

Submit Annually

- GAPPS Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). Physicals after April 1st of the current year will be good for the entire next school year.

Submit One Time

- High School Affidavit of Eligibility (New HS athletes 9-12th)
- Middle School Affidavit of Eligibility (New MS athletes 5-8th)
- GAPPS Concussion Information & Acknowledgement Form
- GAPPS/GHSA Student/Parent Sudden Cardiac Arrest Awareness Form

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AES/HOMESCHOOLED ATHLETES MUST BE APPROVED PRIOR TO TRYOUTS

- Refer to separate AES Approval Process Document available for download: https://www.thekingsacademy.org/athletics/Forms.cfm

SUMMER PRACTICES – OPTIONAL

June 15th – June 25th
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

July 6th – July 31st
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 8th - Optional Senior Media Day, 7:00AM, Knights Field
Seniors should contact socialmedia@thekingsacademy.org for information on Senior banners
August 10th - Team/Individual pictures at the start of practice

August 3rd- 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 (TBD)
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

GAPPS Dead Week	6/30/25 through 7/6/25 (no practices or conditioning)
First Practice	July 6th
First Meet	TBD (mid August)
GAPPS MS State Meet	TBD (sometime in early October)
GIAA HS State Meet	TBD (late October)

CONTACTS

Caleb Bass, Head Coach
calebbass24@gmail.com

Slade Casey, Assistant Coach
Shannon Faust, Assistant Coach

Team Coordinator for HS – Kim Casey
Team Coordinator for MS – **TBD** and Kim Casey