



CROSS COUNTRY INFORMATION 2021

CROSS COUNTRY EXPECTATIONS

The TKA Cross Country program is a competitive program and open to students 6-12th 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 practice with the goal of achieving their "personal best" and improving as the season progresses. The coach will determine who is ready for competition when entering athletes in meets.

To be eligible to attend practices, students must pre-register on Team Snap no later than June 7th:
HS Cross Country (OS) team link for pre-registration - <https://go.teamsnap.com/forms/254982>

Turn in to TKA Athletic Department or Team Treasurer no later than August 2nd.

- High School Affidavit of Eligibility (all new students 9-12th)
- Middle School Affidavit of Eligibility (all new students 6-8th)
- Birth Certificates (new students only)
- AES Application Form (New AES students only)
- Copy of Letter of Intent to Homeschool (all AES students)
- Copy of current report card signed by parent (New and Returning AES students only)
- Current Sport's Physical Form
- Concussion Acknowledgement Form (new students)
- Sudden Cardia Arrest Form (new students)

ESTIMATED PARTICIPATION FEES

TKA Student	\$400.00
AES Student	\$460.00

ESTIMATED UNIFORM FEE

\$75.00 - 90.00 per student

SUMMER PRACTICES

Will begin June 7th. Locations will be communicated via Team Snap

FALL PRACTICE SCHEDULE

GAPPS first day of Fall Sports' Practices is Mon., August 2, 2020

(June 28- July 4 GAPPS Dead Week -- no practices or conditioning)

Mondays, Tues., Thurs. & Fridays @ 4:15 p.m. Location will be announced by Coach on Team Snap

After the meet season starts, 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.

Boling Park: 930 Marietta Hwy., Canton (Next to National Guard Armory) - Exit 16 off Hwy. 575 (Follow park road over nine speed bumps past all athletic fields to back parking lot and walking trail.)

Sequoyah Park: 7000 Vaughn Rd., Canton (off Hickory Flat Rd. by Bruster's. Follow park road right to back parking lot by cross country fields and covered pavilion).

CONTACTS:

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Head Coach, Billy Sanford: ssanford321@gmail.com