

Marietta High School

2019 Cross Country

Basic Information

Head Coach: Jack Coleman

Assistant Coaches: Luke Godleski, Sandy Gamino

Email: bluedevelsxc@gmail.com

Website: use mariettacc.com to register for team & get information

Remind Text Message Service: Text @mhsc2 to the 81010 to sign up

Cell: 404-641-4773

What is Cross Country?

Cross Country is a race of 5000 meters (3.1 miles) at the High School Level in Georgia. The race usually includes changes in elevation and footing surface, which is very different from running on a track. Participants race for both team and individual recognition. Cross Country is a “summer sport” that races in the fall.

Participation: “Making the Team”

- 1) Physical on file at Marietta High School dated after April 1, 2019. Students also must have insurance. Students without health insurance can buy school insurance at a very low cost. (\$8 last year)
- 2) Student must have passed 6 of 8 classes the previous semester. All freshmen are eligible. 8th graders must be eligible through middle school.
- 3) Runners will be evaluated when they come out for the team to determine fitness levels. Reasonably fit new runners will make the team. Returning runners will be required to show initial fitness from spring along with commitment to summer running in order to return to the team. See Team Rules for specifics.
- 4) Turn in Runner/Parent Contract after reading the “Team Guidelines”
- 5) Any athlete involved in another activity (sports or otherwise) that interferes with practice & racing needs to contact Coach Coleman to discuss before coming out.

Important Topics & Dates

Runner Registration: All new & returning runners must register online @ mariettacc.com.

Summer Running: June 3rd –July 31st (M, W, & F) 7:30-10:00AM. We will meet at MHS near the practice fields. Be here as much as possible. It is very important!!

Dead Week: June 30th-July 6th. No coaches allowed that week

Berry College Running Camp: June 23rd-28th. **\$350** Details & Registration are online.

First day of official practice: **August 1st @ 3PM**

Practice (school year): Monday-Friday after school 3-5PM @MHS Track

Races in season: Most Saturdays & occasional weekday starting in mid-Aug-Nov.

Season Ends: November 2nd, 2019 @ the State Championships in Carrollton

Expenses: Booster Club Fees: **\$135** per family

Uniform: **\$55** (Required of all)

Sweats: **\$50** (Optional)

Payment plans are available for all expenses through booster club.

Deadline for uniform & dues: Aug 1st.

Blue Devil Dash Fundraiser: Friday August 9th @ MHS Track Complex: All registered runners are to attend & participate. Team Time trial is during the event.

Fundraising: All team members are **required** to participate in fundraisers.

New Runners/Parents: XC handbook is located at Coaches’ Corner on mariettacc.com website

Questions: Check mariettacc.com then contact me at the number above or by email.