

## Cross Country Info Meeting

- Everything is on the website [www.lassitertfcc.org](http://www.lassitertfcc.org) . Mobile Version is edited so that xc info is the first thing you see on your phone. Open your phones and follow along.
- First thing to do is sign up for the team so you can receive info on everything that happens.
- Get physical exam done and upload to ParentVue Now! Physicals must be renewed every year. If you got one before May 1, it is not good for this fall. If you get one now, it will be good for the whole school year.
- Once you get a physical upload that and a few other items to Parentvue. Instructions for doing that are in the Athletic Clearance Instructions on the team website.
- Start Running Now! The summer training guide is on the team website. It has plans for every ability group from 500+ in the summer to Never Run Before. If you are unsure which one you should follow ask a coach.
- Summer practices: M,W,F at athlete's houses. Will get list of locations out soon. Tuesday and Thursday at the track at Lassiter from 8:30-10:30ish. Thursdays we will get time in the weight room with Coach Brown. Strength and injury prevention will be a focus. Very few injuries this track season because of the weight room. We want to keep that going.
- Equipment: Water Bottle, Running Watch (Get a Timex Ironman with at least 8 splits in it), and good shoes. Go to Big Peach Running Company. The other local options are not good. See the Running Shoe Guide on the website for advice on what to look for.
- Important Dates:
  - 7/24: Be back in Town for Practices
  - 8/1 and 8/2: Tryout Workouts
  - 8/19: Pickens Preview Meet
  - 8/26: Wesleyan Invitational
  - 9/9: Carrollton Invitational
  - 9/16: County Championship
  - 10/7: Atlanta Classic (JV Only)
    - Jesse Owens Invitational (Top 7)
  - 10/13: Pickens
  - 10/25: Likely Date for Region
  - 11/4: State Championship (Do NOT sign Up for the SAT on Nov. 4!)
- We do not know when Region is yet. State is going to be November 4<sup>th</sup> most likely.
- Do not sign up for the November SAT. It is on State day. Take it in August, September, or December. You will still get scores in time.