

CAMDEN COUNTY CROSS COUNTRY TEAM

WELCOME TO THE 2023 CAMDEN CROSS COUNTRY TRACK TEAM.

Cross Country: **Age group:** 6-14. A child must be this age on or before December 31, 2023. Parents *will receive a text or call from the track coaches by August 18th* and practices will begin August 21st @ 5:30pm at the rec track. Practices will be Mon, Wed, and Thurs (***subject to change***). **You will receive a text to join the cross country sportsyou app.** This app will be used for all information and communication.

- *This cross country season athletes will be able to compete in GRPA state competition Saturday Oct. 7th in Jefferson Ga.*
 - *8u will run 2k,*
 - *10u and 12u will run 3k*
 - *14u will run 4k.*

Note: Boys and Girls compete separately within age groups

*****Your age group is decided by your age on Dec 31st 2023.*****

1) Correspondence with parents will be through the "sportsYou" App.

Download the app here: <https://sportsyou.app>

The team name is: **Camden CROSS COUNTRY**

The team code is: **BTTW-W8HA**

Please download and join team immediately for team notices and information regarding practices and parent meetings.

2) Mandatory clothing for practice

- a. Will consist of a **pair of sweat/warm-up pants and a sweat shirt/hoodie, along with a pair of shorts and a T-shirt.**
- b. Regular running shoes are required due to some practice time being spent off the track and they are better for everyday running. (note: parents may elect to buy additional pair of spikes or waffles for racing but are not mandatory)

3) Have your child bring a water bottle to every practice. There are no water fountains near the track. Please ensure your child stays hydrated throughout the day. Don't just try to drink water right before practice. Have child remove bottles at end of practice.

4) Uniforms will consist of a team tee shirt and shorts or tights.

- Tee shirt orders will be taken during the first couple days of practice.
- We request that you get black or navy blue shorts/tights without pockets.

5) If you have any questions, contact any one of the coaches in the app.