



Students and parents, Welcome to Bartram Trail!

Cross Country is a unique opportunity for the highly motivated to enjoy success in both a team, and individual capacity. No experience is necessary, and you are measured by your work ethic, and level of improvement. It is an excellent preparation for winter and spring sports

Cross Country meets are usually held on trails, grass, and dirt, with the venues including parks, campuses, and wooded areas. The distance is 5K (3.1 miles). Team scoring (in both J.V. and Varsity competitions) is achieved by adding up the places of your top five finishers. Like golf, low score wins. Varsity competitions are 7-10 runners, JV are unlimited.

As with other fall sports, we spend a significant amount of time on summer preparation. We meet Monday through Friday, from 7:00 AM to 9:00 AM on the BT campus (stadium). We begin Wednesday, June 6. Once we are organized, and newcomers gain some fitness, we will include other venues (Julington-Durbin Preserve, Julington Creek Plantation, etc.) for sessions.

We know that there are various family trips, and camps, during the summer. We ask that the boys attend our sessions when in town. Making the team is criteria based. The criteria is reasonable, but not easy.

Required tryouts for everyone begin Monday, July 30. There will be a four mile, criteria-based time trial on July 30. A second/last chance four mile time trial will be August 6.

Our competition season begins the week of August 20th. Virtually all competitions are held early Saturday mornings (7:30 AM). Once school is in session, practice time shifts to 6:30 AM to 8:30 AM. We are able to avoid the afternoon oppressive heat, and lightning storms. The boys shower and eat before class begins (9:15 AM).

Freshmen who achieve a moderate degree of fitness, and show an advanced work ethic, may be invited to attend our annual summer camp at Berry College, in Rome, Georgia (July 15-20) Cost will be under \$500. During this week, there will be no sessions at BT.

We use the summer to "put cardiovascular money in the bank."

Before ANY PARTICIPATION, all requirements must be satisfied in "registermyathlete.com."

This can be found on the BTHS athletics web page. This includes a current physical dated April 21, 2018 or later.

Criteria to make the team:

All NEW freshmen and sophomores: sub 35 minutes for 4 miles

Returning sophomores: sub 32 minutes

Returning juniors and seniors: sub 30 minutes

First year juniors and seniors: sub 31 minutes

Looking forward to meeting all-----Paul Nowicki, Boys Head Coach [paulfnowicki@gmail.com]

HUMILITY PASSION UNITY SERVANTHOOD THANKFULNESS

@BT_ATHLETICS 7399 LONGLEAF PINE PARKWAY ST. JOHNS FLORIDA 32259 (904) 547-8340