



Welcome to Bartram Trail future Bears!

I'm excited to introduce myself as the new Girls Head Cross-Country Coach and am looking forward to meeting and coaching you this upcoming season. It is my goal to build a program where hard work, dignity, respect, and self-confidence combine to form the foundation which this program will use as its vehicle to greatness. I'm thoroughly excited to implement new training methods into our program and am sure they will only help improve fitness, endurance, and promote a healthy lifestyle both now and into the future.

Cross-Country is a unique opportunity for the highly motivated to enjoy success as both a team and in an individual capacity. No experience is necessary, and you'll be measured by your work ethic, your willingness to help others, and your level of improvement. Not only is Cross-Country an excellent preparation for winter and spring sports, but it's also a great opportunity to build lasting relationships and learn what it means to work together. I'm a firm believer that individual success can be achieved when building a strong program of teammates who seek a shared and unified commitment of constant improvement and a dedication to each other.

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 scores (in both J.V. and Varsity competitions) are added up by the places of your top five finishers. 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 will meet beginning Monday, June 11, 7:00 AM to 8:45 AM, Monday - Friday at Bartram Trail. We know that there are various family trips, and camps, during the summer but we ask that the girls attend our sessions when in town.

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

Our competition season begins the week of August 20. All of our race competitions are typically held at 7:30 AM on Saturday mornings. Once school is in session, practice time shifts to 6:15 AM to 8:00 AM. These morning times allow us to avoid the afternoon heat, and the likeliness for storms. The girls are expected to be on time to their scheduled classes.

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.

Please visit <https://registermyathlete.com/> and submit all required documents; this includes an up to date physical. This information must be completed prior to participation.

Looking forward to meeting you all,

Go Bears!

Melissa Roughan  
Girls Head Cross-Country Coach  
[Melissa.roughan@stjohns.k12.fl.us](mailto:Melissa.roughan@stjohns.k12.fl.us)

HUMILITY PASSION UNITY SERVANTHOOD THANKFULNESS

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