



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.

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 May 30th. 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.

Required tryouts for everyone begin, Monday July 31st. All sessions are then mandatory, with the exception of freshman orientation day, Tuesday, August 1st.

Our competition season begins August 21st. Virtually all competitions are held 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).

Newcomers who achieve a moderate degree of fitness, and show an advanced work ethic may be invited to attend our annual summer camp at Barry College, in Rome, Georgia (July 16-21). During the week, there will be no sessions at BT.

We use the summer to “put cardiovascular money in the bank.” The larger “cardiovascular savings account,” the further (and faster) we can go in the fall.

In order to participate in both summer conditioning and the fall competition season, all paperwork must be completed in “register my athlete”, which can be found on the BTHS athletics webpage under forms (we are now paperless). This includes a current physical dated April 23, 2017 or after. (If you have technical difficulties uploading the physical, please contact us.)

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

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