



Welcome to Bartram Trail Cross County!

Important Dates/Time:

Summer training sessions: M,T,Th 6:30-8:00am

Team Camp: July 15-18

First Official Day of the Season: Monday, August 5th.

Cross Country is a unique sport for the highly motivated. Athletes compete in both a team and individual capacity. No experience is necessary and it's an excellent preparation for winter and spring sports.

Competitions are called meets and they are held on trails and grass at parks, campuses, and wooded areas. The distance is 5K (3.1 miles). Team scoring is achieved by adding up the places of your top five finishers. Like golf, low score wins. Varsity competitions race 7-10 runners per team; JV races are unlimited. No one "sits the bench".

As with other fall sports, we spend a significant amount of time training throughout the summer. Open training sessions will be every Monday, Tuesday, and Thursday from 6:30-8:00AM at the BT track and are ongoing from May through the end of the summer. Additional varsity level session and locations will be added in June and July. Any changes to times/days will be communicated in advance. We know that there are various family trips, and camps, during the summer. All serious athletes are expected to attend the team training sessions when in town.

Athletes 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 15-18) Cost will be under \$500. During this week, there will be no training sessions at BT.

The season officially begins on Monday, August 5. Once school is back in session practice will be held each morning at 6:30am. Morning practices allow us to avoid the afternoon heat and lightning storms. Any changes to practice times/days will be communicated in advance. All athletes are expected to be on time to their scheduled classes.

Meets begins the week of August 19. Virtually all competitions are held on Saturday mornings.

Before ANY PARTICIPATION, all requirements must be satisfied in <https://athleticclearance.com/>

This can be found on the BTHS athletics web page. This includes a current physical dated April 22, 2019 or later.

On behalf of Coaches West, Dean, and Popik, we looking forward to meeting you all.

Go Bears!

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