



Future Bears:

Thank you for your interest in Bartram Trail Cross Country. Listed below you will find important information and dates concerning competing for the Bears. Cross Country is an excellent test of the human spirit; it teaches discipline and hard work while exposing you to all the glory of the individual competition arena. Participating in high school athletics is a privilege, and it requires a lot of hard work. You will be expected to give your best effort in all that you do. If you are truly interested in being a Bartram Trail athlete, you must commit and buy-in. That means you must be a serious student and understand everything we do on the cross country team is an extension of the classroom. It also means you must do something every day to make yourself better so you can make the team better. Pursing excellence is the minimum expectation.

Athletic Physicals and Registration

Every student/athlete must complete their Athletic Clearance to participate in any pre-season or regular season activities. This involves several items but most importantly requires an updated medical physical. All the information on Athletic Clearance can be found on the main BTHS Athletics webpage: <https://www-bths.stjohns.k12.fl.us/athletics/>

Summer Activities – begins June 21st but we will take new runners at any time.

We encourage all our cross country athletes to participate in our summer running program. [The Black Bear Track Club Distance Project](#) meets several days a week at the BTHS track and builds running endurance on an individual level. We tailor workouts and training to the unique level of each athlete. You can find everything you need at the Bartram Trail Cross Country webpage: <https://www-bths.stjohns.k12.fl.us/crosscountry/>

Introductory practices for new runners interested in the 2022 Cross Country teams will be held at BTHS in the beginning of the fall semester.

Most athletes make the team!

Please let us know if you have any questions.

We look forward to working with you,

Coach Frank

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