



Cross Country Parent Meeting

BT Cross Country Mission

Bartram Trail Cross Country will create an athlete centered environment that serves as a center for endurance running excellence and supports the foundation of life-long character development.



BT Cross Country Values

Academics

The will to win and the passion to work

Respect and integrity

The human spirit

Humility

Transformational experiences

Expectations



Practice Schedule- Excused v. Unexcused

What to do if something
comes up?



Meets – Arrival and Dept.

Decorum and dress
uniforms
Competition shoes



Transportation – To and from meets



Varsity Letter Criteria



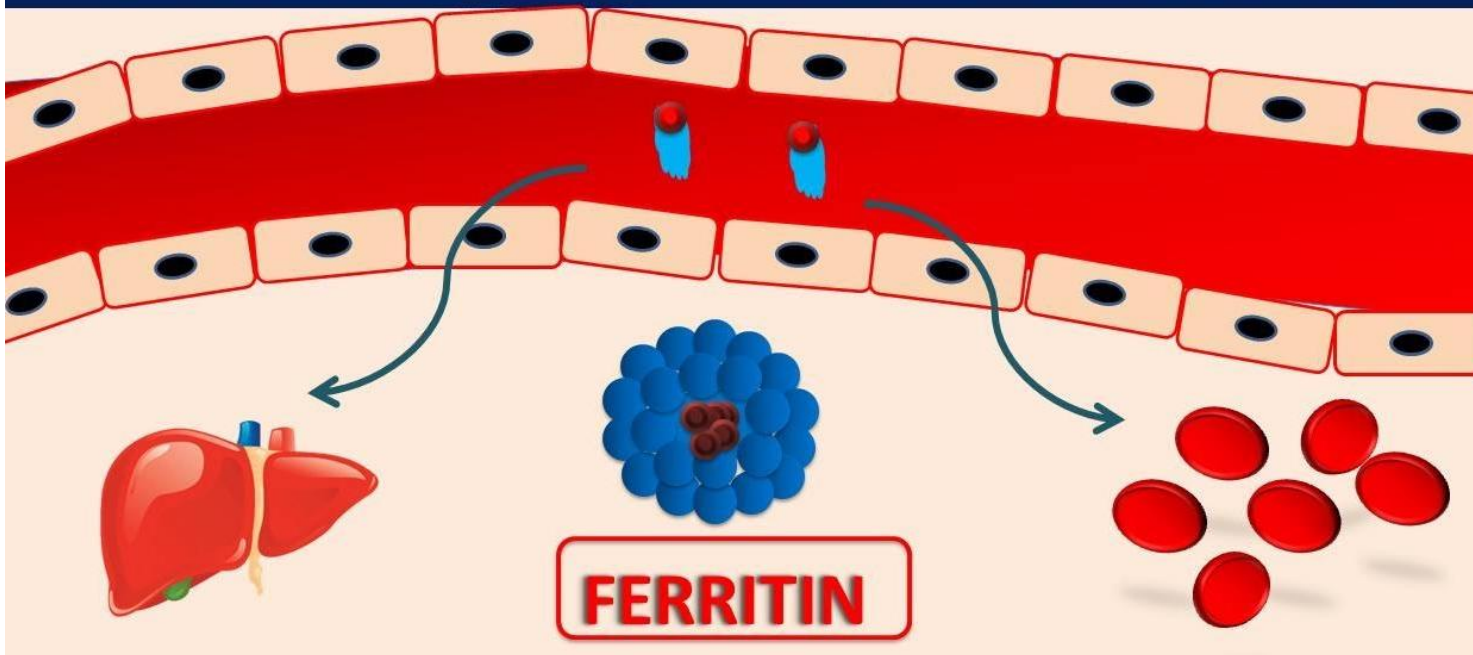
Sleep and Nutrition



Locker Rooms

Feeling Sluggish?

FERRITIN test



- Nutrition
- Sleep
- Hydration
- Supplementation
- Absorption
- Get a baseline

Communication

- The Correct Coach
- Website
- iCalendar
- College Running?

College Testing Dates

Plan Your SAT and ACT Dates Now!

2022 SAT	Sign-up deadline	Conflict?
27-Aug	28-Jul	NO XC Conflict!
1-Oct	2-Sep	Date conflicts for JV and Var
5-Nov	25-Oct	Date conflicts for Var Only
3-Dec	3-Nov	NO XC Conflict!
2022 ACT	Sign-up deadline	Conflict?
10-Sep	5-Aug	Date conflicts, but negotiable
22-Oct	16-Sep	Date conflicts for Var Only
10-Dec	4-Nov	NO XC Conflict!

Race2Honor 2022

- Cancer Victims
- Sponsorship (\$100/athlete)
 - Athlete
 - Sponsor
 - Honoree



TEAM TRAVEL

I ♥ NY



AD's Discussion Odds/Ends

- 24hr Rule
- Athlete Code of Conduct
- PTP
- Friday Pre-meet
- Parent Drop-off



Booster Club and Athletics

What do they do for BTCC?

- Transportation
- Operating expenses
- Meet expenses
- Field Maintenance
- Facility upkeep
- Post-season Travel
- Uniforms



The Money Slide

Team Kit	T-shirt, Shorts, LS Shirt, warm-ups
BSN Team Shop AND BT Schoolpay	

Sponsorship*	\$100 for JV, \$200 for varsity – make your kids own it!!!
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Pay to Participate*	\$150, general athletics
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Booster Club	\$75
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Boot Stomp Bskt	\$5-10
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*Must be done on-line through School Pay

We need your help...

- **Volunteering**
- **Athletes**
- Thanksgiving Day Half and Jax Bank Marathon
- **Parents (Sign-up Genius to come)**
- Parent Liaisons and Basket Leaders
- Bale 'n Trail
 - Coaches and Honoree Hospitality
 - Course Marshalls
 - Concessions
- Football Concessions
- End of Season Ceremony





Web links you
may need:

Booster Club Website

www.bartramathleticboosters.com