



Future Cross Country 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/>

Our team will train through the summer and athletes are welcome to join at any point. Please email to information on meeting times and days.

All new runners make the team!

In early August we will have a time trial of all athletes. The returning athletes have expectations tailored to their ability level, but all ninth graders receive an automatic invitation to join the team. The first official is usually during the first week of August. Again, please email me to get specific details.

Please let us know if you have any questions and sign-up for our updates and information by following on the Remind App.

We look forward to working with you,
 Coach Frank
 David.frank@stjohns.k12.fl.us

Text to 81010 for the best way to get info about your athletes training group.

Get Connected for 2023!

Group	Coach	Text code to: 81010
j.v. boys cross country	Frank/Clark	@btjvbd23
j.v. girls cross country	Frank/Clark	@btjvgd23
varsity boys cross country	Frank/Clark	@btvbd23
varsity girls cross country	Frank/Clark	@btvgd23

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