



CROSS COUNTRY

Week 1 Newsletter

Aug 6, 2023

Welcome to the 2023 Cross Country season! We will meet each day this week, M-Sat, at 6:30am at BTHS. Please note some key early season information below.

Special Upcoming Dates

[2023 Meet Schedule HERE!](#)

Aug 12 – Alumni Run 7:30am, Parent Meeting 10:00am, Athlete Workday 10:00am

Aug 19 – Long Run at off-campus trails 6:30am (TBD, but probably Guana)

Aug 25 – First meet of the season!

Practice Schedule

Practice will typically run for 90-120mins. The 4:00pm sessions in T/Th will not begin **until Aug 15th**.

M	T	W	Th	Fri	Sat
6:30am	6:30am	6:30am or OFF Day	6:30am	6:30am	6:30am
	4:00pm		4:00pm		

Post-practice Locker Room Access

On school days, athletes will be in the locker rooms to shower and get ready for school by 8:30am each morning. They are allowed to have a locker, will be issued a lock, and may keep items stowed for the duration of the season.

Race Day Gear!

One of the most fun parts of the season is when athletes get to wear their **Race Day Kit**. To promote unity and teamwork, all cross country runners, varsity and j.v., are required to look the same on meet day.

The Race Day Kit includes: *racing jersey(s), black racing shorts, blue racing shorts (varsity only), team t-shirts (one long and one short sleeved), black Nike Epic Knit Jacket and Pants.*

BSN Team Shop v. SchoolPay

Why do we use two different websites to provide cross country gear? The SchoolPay site has a few **Race Day Kit** items that we order over the summer and will be available for athletes before the first meet. Additionally, we contract with the **BSN** company to create a **Team Shop**. This has several items that you should feel free to purchase for family members and athletes alike. The **BSN Team Shop** gear is customized, and orders take several weeks to prepare.

<u>SchoolPay Link:</u>	<u>BSN Team Shop Link</u>
<ul style="list-style-type: none"> • 2023 Meet Day T-shirts (required) \$30. • Meet Day Racing Shorts (may use from previous seasons) \$30. 	Access Code: DqWzy4meDK Shop opens Aug 7 <ul style="list-style-type: none"> • Black Nike Epic Knit Jacket - \$60.99 • Black Nike Epic Knit Pant - \$41.99 • Parent gear • Optional athlete gear
Due date Aug. 14	Due date Aug. 14



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Racing shoes (spike or flats) are available online or at [1stPlaceSports](#) and vary in price. Make sure you are getting a long-distance racing shoe and not a sprint spike. Racing shoes do not have to be expensive.

The only items returning athletes must purchase each season are the 2023 Meet Day T-shirts.

Racing shorts as well as warm-up jackets and pants can be used from previous cross country or track & field seasons.

Budgeting for the Cross County Season

Public School is free, right? I wish. There are several financial realities and I want to mention them up front. If you are having concerns, please let us know. We will not allow finances to prevent your athlete from running cross country for the BEARS!

- [Pay to Participate](#) - \$150.
- Team Fundraising (more on that at parent meeting)
- [Booster Club](#)
- Race2Honor Sponsorships (celebrating current and past service members)

Smart Phone Calendar

Want all the important season dates on your phone calendar? [BTXC iCalendar](#): Open this link from your mobile device to add the team calendar to your phone. This should work on all types of smart phones.

2023 Boys and Girls Cross Country Varsity Letter Standards

“You don't become a runner by winning a morning workout. The only true way is to marshal the ferocity of your ambition over the course of many days, weeks, months, and (if you could finally come to accept it) years. The Trial of Miles; Miles of Trials.”

— John L. Parker Jr., Once a Runner

To earn a varsity letter in cross country athletes will need to accumulate 40 varsity letter points over the season.

Athletic Clearance completed on the first official day of the season	5pts
Return ALL issued uniforms within one week of your season ending	5pts
Uniform returned late, damaged, or dirty	-5pts
Zero unexcused misses all season	10pts
Compete in a varsity meet	5pts
Place in the top ten of a varsity race	2-20pts
Win a JV race	5pts
Recruit a new teammate in the month of August who finishes the season.	5pts/recruit
Make the post season roster	10pts
Race at the State Meet	10pts