



CROSS COUNTRY

Week 3.5 Newsletter

Aug 22, 2023

Cecil Field Summer Classic 8/25/23
13715 Lake Newman St, Jacksonville, FL 32221

Parent/Coach Drivers (leaving BTHS at 4:15pm)

Borgmeyer – Rylan and 5 others
Reynolds – Colton and 5 others
Parks – Jacob and 4 others
Carlson – Mac and 3 others
Kason – Jordan and 3 others
Frank – Tannah and 5 others

Bus – Coach Holtz (leaving BTHS between 4:30 and 5:00pm)

4:00pm – Team Photos in Stadium

5:00pm – Bus leave BTHS

6:15pm – JV Girls Race

6:45pm – JV Boys Race

7:15pm – Varsity Girls Race

7:45pm - Varsity Boys Race

Is Your Athlete Ready to Compete?

Athletes not making the varsity line-up will race in the JV race. While no one needs to sit the bench in cross country, it's important to be ready to compete. Attending every practice session, logging miles on Strava, and displaying the passion to work are all necessary requirements to be considered to make the race day line-up. The line-up for the first meet comes out Tuesday evening!

Race Assignments:

6:15pm race: Girls open/JV race – Barker, Barker, Clark, Clements, Daria, Deffense, Delaney, DiDonato, Garrett, Goodman, Hyman, Martin, O'Donoghue, Oelkers, Oliver, Parker, Sands, Uy, Wenzel, Yocca

7:15pm race: Girls Varsity Elite – Borgmeyer, Carlson, Pidcock, Patterson, Holtz, Goodwin, Kataru*, Renner, Brockway, Southammavong

7:45pm race: Boys Varsity Elite – all boys

Meet Day Expectations

Upon arrival, athletes report directly to team camp for bib# assignment and general instructions. Parents search for other Bartram Trail parents... away from team camp, please. It's time to let the athletes be with their team.

- warm-up
- race
- cool-down milage
- cheer on the rest of the races
- team stretch
- team chat to lightly digest the meet, parents invited to listen on the fringes if they desire
- athletes released to board bus or parents

The whole experience usually finishes about an hour after the last race starts. Please do not expect your athlete to be ready to go before that time. However, let coaches know if there are extenuating circumstances.

WHAT YOU CAN DO AS A PARENT

Please encourage your child to follow the advice and the instructions of the coaching staff. Help us ensure that they eat right, get plenty of sleep, and hydrate before practice and re-hydrate afterwards;



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those three things can make a big difference for any athlete. Keep an eye on their shoes; worn out running shoes can lead to injury.

We know you want your child to grow up to be a responsible and respectful young man or woman and high school sports teach and instill discipline. We want our runners to be on time for practice and for races, to stay to cheer on their teammates and to help clean up after meets, to show good sportsmanship, and to be respectful of teammates and opponents. Please support the coaching staff as we endeavor to instill these values on the team. Every year we (the coaches) are complimented by bus drivers and hotel staff regarding the excellent behavior of our team. We know that this is no accident; our athletes have been raised well and that, combined with extra encouragement & reinforcement from the coaching staff, goes a long way to shaping a team we are all proud of.

WHAT YOU SHOULD NOT TO DO AS A PARENT

The coaching staff understands that parents want what is the best for their child. However, we respectfully ask that you do not overdo your support of your child's experience in cross country. This includes just prior to and after races (please don't hover around the team area at meets – so, no "helicopter" parenting!).

Please feel free to discuss any questions or concerns about your child's training with the coaches. We will work with you and your child with issues such as academics, transportation, family, health, and conflicts with other sports or activities. Ultimately, we want cross country to be a very positive and enriching experience for your child.