

RHS 2014 Cross Country Information Packet

Welcome to 2014 RHS Cross Country! We are excited to be starting a new season. Attached is the Booster Club Information for 2014. This packet consists of the following:

Summer Training Schedule
2014 Meet Schedule
Booster Club/ Uniform Registration Form
Volunteer Opportunities Form

Please fill out all forms and return to Joan McCarty as soon as possible. If necessary, mail to: Joan McCarty, 700 Old Park Pl, Roswell, 30075. If you have any questions, call Joan at 770-587-9280.

All Physical Forms, Insurance forms, and Emergency Contact forms must be turned in to Coach Chilton before your child can participate in summer practices.

For information and updates on the RHS XC team, please check out the Roswell XC website at teampages.com. If you have given us your email address, you will receive an email invite to join the webpage.

Coaching Staff

Head Coach	David Evans	evansd@fulton.k12.ga.us
Girl's Coach	Christi Chilton	chiltonc@fultonschools.org
Assistant Coach	Kara Mills	millsK@fultonschools.org

Booster Club Board

President	Paul Tardif	ptardif@bellsouth.net
Vice President	Liz Rains	rains97@mac.com
Treasurer	Cathy Roberts	cathy@soundbyteinc.com
Secretary	Joan McCarty	joanmccarty@charter.net

All runners must register on the Flotrack website. The reason for joining this site is to document miles for mileage shirts, to qualify for Disney, and to keep up with use of your shoes. Flotrack tracks your mileage, daily, monthly, and lifetime. Parents can also join and use it to check how far their child is running as well as keep track of their own mileage if they want. Please go to **Flotrack.org** and join **Roswell Cross Country and Track**. Input your personal information and **everyone** will use the same password 'hornet10'. There is also a link from the **teampages.com** website.

Booster Club Dues and Uniform Fees for [ALL](#) Runners are Due June 27th.

2014 Summer Training Schedule

One or more of the coaches from Roswell will meet with runners during the summer using the following schedule.

May - These runs will last about 35-45 minutes.

Begin May 5; End May 16

Monday 4:30pm @ Roswell Area Park at the beginning of the trails

Tuesday 4:30pm @ Roswell Area Park at the beginning of the trails

Thursday 4:30pm @ Hembree Park at the beginning of the trails

There will be a Mini-Camp for Returning Runners May 27-28 in Shiloh, GA. As space is limited, this camp is by Coach's invitation only. Invitations will be given to runners by April 24. The cost is \$60 and we will need a couple volunteer chaperones.

June - These runs will last about 55 minutes to an hour 15 minutes

Begin June 2; End June 26

Monday 7:00am @ Riverside Park on Riverside Road

Tuesday 7:00am @ Sweetapple Park on Crabapple Road

Wednesday 7:00am @ Riverside Park on Riverside Road

Thursday 7:00am @ Sweetapple Park on Crabapple Road

The week of June 30 – July 3 is GHSA “dead week” and we will not meet with athletes

July - These runs will last about 45 minutes to an hour 30 minutes

Begin July 7; End with Camp which is July 20 - 24

Monday 7:00am @ Riverside Park on Riverside Road

Tuesday 7:00am @ Leita Thompson Park on Woodstock Road meet at dog park

Wednesday 7:00am @ Riverside Park on Riverside Road

Thursday 7:00am @ Sweetapple Park on Crabapple Road meet at dog park

July 28 practice begins 5 days a week!

2014 RHS XC Meet Schedule

Date	Meet	Place	Leave RHS	Meet Start Time
August 15	Team Time Trial / Picnic	Don White Park Pavilion, Riverside Road	Right after final school bell	5:00PM
August 23	Stage Races Top 40	River Green Park, Gwinnett	6:00AM	8:00AM
August 30	TBA			
September 6	Roswell Covered Bridge Invitational	Garrard Landing Park, Roswell, GA	6:00AM	7:30AM
September 13	Warpath	Boling Park, Canton, GA	6:00 AM	8:00 AM
September 20	Fulton County Championships All	Milton High School Milton, GA	6:30AM	8:00AM
September 27 or October 4	TBA	TBA	TBA	TBA
October 10-13	Disney Invitational Top 25	Walt Disney World, Orlando, FL	TBA	TBA
October 18	Coach Wood Invitational Top 20	Gainesville College, Gainesville, GA	5:30AM	8:00AM
October 25	Varsity Only		TBA	TBA
November 1	Region 6AAAAA Championships	Boling Park, Canton, GA	7:15 AM	9:00 AM
November 8	State Championship	Carrollton Elementary, Carrollton, GA	TBA	TBA
November 29	Footlocker South Regional Championships	McAlpine Greenway, Charlotte, NC	TBA	TBA

Note: Not all JV Meets are listed on this schedule.

Please PRINT all information:

***If you have more than 1 runner in your family, please fill out a Form for each runner.**

Runner's Name: _____

DOB: _____ Gender: _____ **Grade for 2014-15 school year: 9 10 11 12**

Address: _____

Home Phone: _____ Runner's Cell Phone: _____

Runner's Email: _____

Parent's Email: _____

Parent's Name: _____ Cell Phone: _____

Parent's Name: _____ Cell Phone: _____

Booster Fees - Levels of Participation (if paid with Credit Card add 2.75%)

Gold Level \$425

- Membership
- Athletic Package
- Athlete Banquet Fee/2 Adult Banquet Fees
- * 1 Golf Shirt or 2 T-shirts
- RHS Jacket

Silver Level \$300

- Membership
- Athletic Package
- Athlete Banquet Fee/1 Adult Banquet Fee
- * 1 Golf Shirt or 2 T-shirts

Bronze Level \$250

- Membership/Athletic Package
- Athlete Banquet Fee

Each Additional Sibling: \$125

- Membership/Athletic Package
- Athlete Banquet Fee

Athletic Package includes the following. All sizes are adult sizes. Please circle sizes needed.

- T-shirt Size: S M L XL
- Sweatshirt Size: S M L XL
- Sweatpant Size: S M L XL
- Sling Bag
- Magnet

***If you joined at the Gold or Silver Levels, please circle golf shirt size or t-shirt sizes:**

- Golf shirt Women's: S M L XL XXL or Golf shirt Men's: S M L XL XXL
- T-shirt (1): S M L XL XXL or T-Shirt (2): S M L XL XXL
- Jacket (GOLD ONLY) S M L XL XXL

Uniform Order – Please circle size needed

Singlet: Return to team at end of season Shorts: (Required for ALL NEW RUNNERS) \$40

- Women's Singlet: S M L XL
- Men's Singlet: S M L XL
- Women's Shorts: XS S M L XL
- Men's Shorts: S M L XL

Total Fees

- Booster Club Dues: _____
- Uniform Fees: _____
- Camp Deposit: _____
- Total Amount Due:** _____

Credit Card Fee (2.75%) _____

Make checks payable to RHS XC Booster Club

For Treasurer's Use Only

Check # _____ CC _____ Check Amt. _____ Date Rcv'd _____

2014 Volunteer Opportunities

Volunteers are needed throughout the XC season. Please consider volunteering for at least one of the following opportunities. Your help is important and greatly appreciated. We will be hosting a XC Meet and will need volunteers to help with various aspects of the meet. More information will follow about the meet.

Name:-----

Email Address: -----

Please check off the area(s) that you can help.

Time Trials Picnic Friday, 8/15/14

Time Trials are held at the beginning of the XC season to determine the Varsity and JV teams. The picnic is held right after the time trials. XC provides the entree and drinks. Everyone brings a dish or dessert to share. We need help setting up, cooking, and cleaning up.

- **Time Trial Committee Chair**
- Help with Picnic

Athletic Package Distribution

- Help sort items ordered for Athletic Packages and distribute to the team. Date to be determined.

Tent Transport and Setup

- Carry the tent and coolers to the meet sites and set them up and take them down. You are the first to arrive and the last to leave!

Pasta Dinners

Provide simple, high carb meals for the athletes at various homes. Need volunteers to prepare pasta, bread, salad, desserts and drinks.

- **Pasta Dinners Committee Chair** (Vickie Kramer)
- Can you host a dinner at your house? If so, what date? _____

Can you help with one of the following dinners?

- Thursday, 9/4/14
- Thursday, 9/18/14
- Thursday, 10/16/14

Help at Home Meet 9/6/14

- **Meet Chairperson**
- **Sponsorship Chairperson**
- Help with course setup/cleanup, managing parking, concessions, finish line or course monitors

Popsicles

- Donate Freezer Pops for summer practices

Banquet

- **Banquet Committee Chair**
- Be part of the committee to plan and organize end of season banquet

Photographers

- Need 1 or more people to take photographs throughout season. Photos will be used at Banquet.

Videographers

- Need 1 or more people to film races at the 2 mile mark.

Public Relations

- Need 1 person to write brief articles for local newspapers and GA Milesplits.

2014 RHS XC Checklist

1. Did you join the webpage?
2. Did you turn in your physical, insurance, and emergency contact forms to Coach Evans? (Required to start practice)
3. Did you join the Booster club?
4. Did you select sizes for items in the athletic package?
5. Did you select a size for a singlet?
6. If your runner is a new runner did you order shorts?
7. Did you fill out a volunteer form?
8. Did you send in a camp application?
9. Did your runner set up a flotrack account?
10. Have you signed up for Remind101? Send text message “@roswel” (don’t type the quotation marks in the text) to 727-466-4482.