

Chattahoochee High School Cross-Country

General Information

1. Communications:

- a. **Team website:** www.HoochXC.com
- b. **Email List:** Go to website and fill in "Subscribe to Receive Email Notifications"
- c. **Athlete chat group:** For students only, join the Hooch XC athlete chat group by providing your mobile number to the team GroupMe chat leader.
- d. **Attend the required information/registration meetings**

Important dates for 2018:

- i. Try outs start on Monday, August 6th
- ii. Fall Kickoff meeting, Tuesday, August 14 @ 6pm
- iii. Spirit wear- Team will have a specific code to place orders. Deadline will be on Monday, August the 20th midnight. Please refer to website to place an order.

2. Clearance in Privit health-management system is required to participate in XC activities: This includes: summer miles – try outs and regular season

Privit is the online system used by CHS for online submission of all necessary forms for sports participation. **A student must be in "Cleared" status in Privit in order to participate in any organized XC sports activity including summer miles, tryouts and practices.**

Please refer to our website for a comprehensive guide on how to complete the Privit form

3. XC Fall Kickoff meeting (required meeting for team members and parents)

The roster for the Fall XC team will be uploaded on Saturday after the first week of school. .

Roster team members and parents are required to attend the XC Fall Kickoff meeting to complete preparations for the season including the following activities:

- Payment of participation fees
- Payment and distribution of uniform (if needed)
- Receive information on optional Spirit Wear purchases
- Receive information on option to participate in a potential overnight Fall Trip

4. Fall Trip

The CHS XC team is considering a potential trip to participate in the "Colt Bolt" meet on Saturday, 9/22/18 in Lakeland, FL. Preliminary plan is that team members choosing to participate in this meet would leave on a chartered bus on a Thursday 9/20 after school, visit a theme park in Orlando on Friday, participate in the meet on Saturday morning, and potentially visit a water park Saturday afternoon. There would be a separate registration fee for participating students to cover the charter bus, hotel, and other trip costs. In order to cover the cost of the charter bus, we would

need a minimum number of students to choose to participate. More details will be provided at the Fall Kickoff meeting.

5. Fall XC Season Banquet

The Fall XC Season Banquet provides the opportunity after the end of the season to recognize the athletes for the season achievements and to honor our outgoing seniors. There is typically a small fee per plate for the food.

6. May Ice Cream Social / XC Informational Meeting (required meeting)

This is the annual XC information meeting for newcomers and returning athletes, and includes registration for the Summer Miles training. It happens usually during the month of May.

7. May Annual Fundraiser: EJCH 5K Scrub Run

Each May, the Hooch XC team volunteers as staff to support the “5K Scrub Run” hosted by Emory Johns Creek Hospital (EJCH). In return, EJCH provides a donation to the XC team. This is a fun event that is also our major fundraiser of the year.

8. Summer camp

Each summer, the XC program provides the option for returning XC athletes (those on the XC team the previous year) to participate in a week-long overnight running camp in the summer. Registration details are provided on GroupMe to the athletes in the spring. Registration and payment is handled by parents directly with the camp, not via XC Booster Club. The camp is at Brevard College in NC.

9. Summer training

Students interested in trying out for the XC team in the fall are highly encouraged to participate in the Chattahoochee XC “Summer Miles Training” program, which provides a structured, coached summer training program five days a week. Registered students can participate in as many of the program activities as their schedules allow (because there are other summer schedule demands, the program does not require mandatory attendance at all activities).

The summer Miles training program also builds team camaraderie and is particularly helpful for rising freshman to build relationships with team members that will help in the transition to high school. There is a registration fee to participate in the summer training.

10. Fees:

With the exception of the overnight summer running camp, XC is funded by these two accounts: 1) the CHS XC school account and 2) the CHS XC Booster Club account. Because of accounting rules pertaining to the XC school account, an athlete’s registration fees at the XC Fall Kickoff meeting should be paid via a separate check to each account. For the August 2018 – July 2019 year, the fees are as follows:

- Fall XC school participation fee (check payable to “CHS”): \$250
- XC Booster Club fees (check payable to “CHS XC Booster”)¹:
 - Fall Season XC Booster Club fee \$0 in 2018-2019

- Uniform fee (if uniform is needed): \$50
- Fall Trip (optional): \$300 estimated
- 2019 Summer Miles Training program (optional): \$125
 - Early registration credit -\$25
 - Discount if sibling is participating in Summer Miles -\$15
- Other costs:
 - End-of-season Banquet dinner per non-senior athlete \$10 estimated
 - Overnight Running Camp in Summer 2019 To be provided

¹ A family could optionally purchase a membership in the Chattahoochee High School Athletics Booster Association (CHS ABA), and allocate a portion of the membership dues to cover XC Booster Club fees in 2018-19 such as the Fall Trip or 2019 Summer Miles training. The form can be downloaded at [CHS ABA Membership Form](#). At the Fall Kickoff meeting, this form will be available and the XC Booster Club will collect CHS ABA membership checks and forms. CHS ABA membership comes with several perks, including free family entry into CHS sporting events. This could be a good option for a family involved in multiple sports or with multiple athletes.

11. Contact information:

- Registration and fees: Dana Laster (Treasurer), danalast9876@gmail.com, 404-218-9570. Mail checks to: Dana Laster (XC Treasurer), 10840 Carrara Cove, Alpharetta, GA 30022
- XC GroupMe Chat Group: for students only. To join, contact the chat group student leader (Aki Tsuchida in 2018-19) or click https://groupme.com/join_group/36285740/Vz04H8
- For general questions:
 - Coach Mike Morris (CHS XC head coach), morris1@fultonschools.org
 - Erika Lopez Gil (XC Booster Club President), erikavlopez@gmail.com