St. Benedict's Cross Country Information 25-26

AT A GLANCE:

Registration:	May 15th-August 1st
Grades:	5th-8th Grade
Practice:	Monday - Thursday
Season:	Mid August-Mid October
Fees:	$275- Includes a practice t-shirt, end of season banquet, coaching, and league fees.
All teams are contingent on the amount of interest, coaches, and facilities.	

Team Expectations:

1. All team members will need to have a completed medical clearance by a physician. This form will only need to be completed once a school year. For example, if your child has participated in Cross Country during the same school year, they will not need to complete another form. A copy of the form can be found here: Medical Evaluation Form
2. Parents and/or guardians are responsible for pick up and or drop off at practice and meet locations. Please see the practice details below.
3. All interested players should be ready to learn and have an interest in participating in Cross Country. All skill levels are welcome, no training needed

Registration:

Registration begins: Wednesday, May 15th, 2025
Registration ends: Wednesday, August 15, 2025

Team Fees:

The fees will include: practice t-shirt, end-of-season banquet, coaching, league fees, and competition fees.

Team Practices/Meets:

The team will practice Monday through Thursday after school from 3:30-4:45 pm. Monday, Tuesday, and Thursday will be at the Middle School. On Wednesdays, practice will be held at Heritage Park Trail - 60 Fountain Rd, Mableton, GA. For meets, they will often take place on Saturdays. Please see below for the tentative schedule. This is subject to change.

Attendance Expectations:

Players are expected to attend at least 2-3 practices a week unless sick or injured. Players and or parents must communicate with the head coach for excused absence. If any practices are canceled, the head coach will communicate through Gamechanger.

Transportation:

Parents are responsible for picking up and dropping off their athletes at the meets and/or practice locations.

Clothing & Equipment:

Players will be responsible for wearing the appropriate clothing and gear to each practice and meet. This includes tennis shoes, athletic clothing, and a water bottle.

Parent Volunteers/Coaching:

We welcome any parent volunteers to join us at practices off campus. If you are interested in volunteering, please contact stbsathletics@stbs.org.

Team Communication:

Our primary form of communication will be through the Gamechanger App. You can expect any schedule changes or practice updates through there. Once we have the official roster, you will be added to the team to receive notifications. Please make sure to download this app. In addition to Gamechanger, we will send a weekly email out to all parents for the week's schedule and details.

We look forward to partnering with you and working with our student-athletes this season. If you have any further questions, please reach out to stbsathletics@stbs.org.

Tentative Cross Country Meets Fall 2025

** All days are subject to change **

Date	Meet
Friday, August 15th/16th	**9th Annual Hoya 2 Mile Invitational**
Saturday, August 23rd	**Stron Rock Patriot Invitational**
Saturday, September 30th	**Etowah River Rumble**
Thursday, October 10th	**IMAXC Private School Championship (Top 10 boys and top 10 girls)**

Thursday, October 16th	**End of season banquet - TBD**