

# RHS 2015 Cross Country Information Packet

Welcome to 2015 RHS Cross Country! We are excited to be starting a new season. Attached is the Booster Club Information for 2015. This packet consists of the following:

**Summer Training Schedule**  
**2015 Meet Schedule**  
**Booster Club/ Uniform Registration Form**  
**Volunteer Opportunities Form**  
**Information on 2015 Summer Camps**

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 families must register at <https://roswellhornets-ga.e-ppe.com/index.jspa> , complete a profile for your runner(s) and download/print physical, emergency contact, insurance, transportation release and concussion forms. These forms must be turned in to Coach Mills or Coach Evans or Coach Yuan 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](http://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	<a href="mailto:evansd@fultonschools.org">evansd@fultonschools.org</a>
Girl's Coach	Kara Mills	<a href="mailto:millsk@fultonschools.org">millsk@fultonschools.org</a>
Assistant Coach	Tara Yuan	<a href="mailto:yuant@fultonschools.org">yuant@fultonschools.org</a>

## Booster Club Board

President	Paul Tardif	<a href="mailto:ptardif@bellsouth.net">ptardif@bellsouth.net</a>
Vice President	Liz Rains	<a href="mailto:rains97@mac.com">rains97@mac.com</a>
Treasurer	Cathy Roberts	<a href="mailto:cathy@soundbyteinc.com">cathy@soundbyteinc.com</a>
Secretary	Joan McCarty	<a href="mailto:joanmccarty05@gmail.com">joanmccarty05@gmail.com</a>

**All runners must register on the Flotrack website.** The reason for joining this site is to document miles for mileage shirts 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 26<sup>th</sup>.**

# 2015 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 4; End May 15**

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

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

**Begin May 26 End June 25**

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 28 – July 4 is GHSA “dead week” and we will not meet with athletes**

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

**Begin July 6; End with Camp which is July 26 – 29**

Some runners will be attending the Jim Ryan Training Camp (July 12-17). This camp is open to all; runners not attending this training camp will be running the following schedule:

Monday 7:00am @ Riverside Park on Riverside Road

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

Wednesday 7:00am @ Sweetapple @ the soccer fields

Thursday 7:00am @ Riverside Park on Riverside Road

**Additional runs during the summer will be independent of coaches and organized twice a week by the XC team captains. All summer captains' runs will be at 7:00PM: Location to be determined by the captains.**

**August 3rd practice begins 5 days a week!**

## 2015 RHS XC Meet Schedule

Date	Meet	Place	Leave RHS	Meet Start Time
August 14	Team Time Trial / Picnic	Don White Park Pavilion, Riverside Road	Right after final school bell	5:00PM
August 22	Big Peach Ekiden at Allatoona Creek Park  Top 25 girls; top 25 boys	Allatoona Creek Park	6:00AM	8:00AM
August 29	Saucony Battle of Atlanta	Nash Farms Battlefield	5:30AM	8:00AM
September 12	Roswell Covered Bridge Invitational	Garrard Landing Park, Roswell, GA	6:00AM	7:30AM
September 19	Fulton County Championships All	Milton High School Milton, GA	6:00 AM	8:00 AM
September 26	Frunners.com Invitational in Titusville  Top 50 summer runners	Titusville, FL	Thursday Sept. 24	
October 3	TBA	TBA	TBA	TBA
October 10	Furman Invitational	3300 Poinsett Hwy, Greenville, SC 29613	TBA	TBA
October 17	Coach Wood Invitational Top 20	University of North GA, Gainesville Campus, Gainesville, GA	5:30AM	8:00AM
October 24	Off – Varsity Practice		TBA	TBA
October 31	Region 5 AAAAAA Championships	Allatoona Creek Park	7:15 AM	9:00 AM
November 7	State Championship	Carrollton Elementary, Carrollton, GA	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 2015-2016 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

Sling Bag

Sweatshirt Size: S M L XL

Sweatpant Size: S M L XL

**\*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: (all runners) \$40**

Women's Singlet: S M L XL

Women's Shorts: XS S M L XL

Men's Singlet: 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 \_\_\_\_\_

# 2015 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 (Chairman: Emily Ziegler)**

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.

- Help with Picnic

## **Athletic Package Distribution (Chairman: Lisa Stovall)**

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

## **Pasta Dinners (Chairman: Rachel Forlines)**

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

- Prepare food
- Help at pasta dinner – set up/clean up
- Host a dinner at your house \_\_\_\_\_

Can you help with one of the following dinners?

- Thursday, 9/10/2015 (Devereux Downs)
- Thursday, 9/16/2015 (Gelobter)
- Thursday, 10/15/2015

## **Help at Home Meet 9/12/2015 (Chairman: Walt Kenzie)**

- Chair course monitors
- Chair parking
- Chair medical tent
- Chair concessions
- Chair chute
- Chair Admissions
- Chair packet pickup
- Chair venue clean-up

## **Popsicles**

- Donate Freezer Pops for summer practices

## **Banquet – Need Chairman**

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

## **Photographers (Chairman: Amy Ramsager)**

- Assist with candid meet shots, picnic shots, practice shots, etc. Photos will be used at Banquet.

## **Sponsorship/fundraising (Chairmen: Steve Gelobter/Paul Tardif)**

- Assist with contacting sponsors and building comprehensive fund-raising plan

## 2015 Summer Camps

### ***Jim Ryun Training Camp July 12-17:***

RHS XC will be attending a competitive training camp this summer as a team. Coach Evans will be going. This camp will be held at Eastern Mennonite University in Harrisonburg, VA. The purpose in attending this camp is to improve the skill and competitiveness of each runner attending. This is an elite and intensive camp. All runners who completed the 2014 season in the top 15 are strongly encouraged to attend. Any runner who wants to move up in the rankings with improved running should attend this camp.

Each runner will sign up and pay separately. Camp cost is \$600. To register for this camp go to <http://ryunrunning.com/register-pay/> and choose the Eastern Mennonite University link. At the bottom of the form there is a drop-down box for “payment amount”, please choose “team member”. Do not wait to register for this camp as Ryun’s camps are popular and fill up very quickly.

At this point, we don’t know how much transportation costs will be, as we do not know how many runners will be going. Once you have registered your runner, please email Joan McCarty ([joanmccarty@charter.net](mailto:joanmccarty@charter.net)) with a copy to Coach Evans ([evansd@fultonschools.org](mailto:evansd@fultonschools.org)) to sign up for the transportation list.

### ***RHS Traditional Summer Camp July 26-29:***

Our traditional summer camp will be **Great Mountain Retreats and Adventures in Copperhill, TN. This is a team-building camp and all runners are encouraged to attend.**

**Estimated cost for this camp is \$185 which is payable to RHS XC Booster Club. In order to hold a spot, a \$60 deposit is required. This deposit will not be refundable after June 26.**

Facilities include a lake for swimming (with a blob and a swing!) Activities will include white water rafting on the Ocoee River.

## **2015 RHS XC Checklist**

- 1. Did you join the webpage? Teampages.com**
- 2. Did you turn register at roswellhornets-ga.e-ppe.com?**
- 3. Did you return forms from roswellhornets-ga.e-ppe.com to the coaches, including completed physical form signed by doctor?  
(Required to start practice)**
  - a. Consent to participate**
  - b. Medical history and physical exam forms (these two forms take the place of the older version physical form)**
  - c. Transportation release**
  - d. Concussion form**
  - e. Insurance acknowledgement**
- 4. Did you join the Booster club?**
- 5. Did you register for the Jim Ryun running camp? Did you email Joan McCarty to get on the transportation list?**
- 6. Did you select sizes for items in the athletic package?**
- 7. Did you select a size for a singlet?**
- 8. Did you order shorts?**
- 9. Did you fill out a volunteer form or contact one of the chairman to indicate where you'd like to help out**
- 10. Have you signed up for Remind101? Send text message "@roswel"  
(don't type the quotation marks in the text) to 727-466-4482.**
- 11. Did your runner set up a flotrack account?**