

Dear Interested Athletes and Parents,

Welcome to the 2022 Century Cross Country season! Be prepared to work hard, have fun, and be successful!

The coaches are hard at work planning for another great season. Please know that all students are welcome to our team. Unlike many other sports, cross country is a no cut sport, however, our team is highly competitive in the region. If you have the desire to work hard every day and commit to making yourself a better runner today than you were yesterday, then this is the sport for you. Here is some basic information on what you should expect, and as always, please ask questions.

**Communication:**

Team announcements and communication is typically done through email, but we will also be using Team Snap once our season starts, so you can receive updates on practice/meet changes, bus departure times, practice information, meet results, clothing order information, and banquet information. For the time being we will stick to email to keep in contact with you over the coming months with updates, information about informal group runs, possible camps, and training. Coach Fleming has volunteered to gather all information about prospective or returning team members. Please send the following information to Coach Fleming at centurycoachdoug@gmail.com

***Parent name(s), Parent email, Athlete name, Athlete email. Also, please ask any questions you may have.***

**1st Practice / Forms:**

The first Day of practice will be on August 10th (time TBD) at the Century track (wear light, breathable clothing, and bring a water bottle [preferably reusable] and watch [running watch preferred]).

In order to participate in fall athletics a student must do the following:

 \* Have a current Physical – must be current from within the year and not expire during the Cross-Country Season. Physicals are valid for 13 months from date of doctor’s visit

A current CCPS physical form can be found here: [22-23PhysicalExaminationFormfull.pdf (finalsite.net)](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fresources.finalsite.net%2Fimages%2Fv1652814909%2Fcarrollk12org%2Fyfskvwkvn9xzjhwlljm9%2F21-22PhysicalExaminationFormfull.pdf&data=05%7C01%7CRSPENTZ%40carrollk12.org%7C9d6a00d3c9874359c83408da3a8efaba%7C7129111671a641af9ba59b69c9cb3f46%7C0%7C0%7C637886683008571250%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Zp%2FyQP1zIxP8Xw%2Bie7eYEb99jdUJ54BOrzEw%2BAIGvi4%3D&reserved=0)

 \* Register on FamilyID – This is an online registration for all fall Athletes. Registration for fall should be active on or about 6/1/22. Century - <http://www.familyid.com/century-high-school-4744558e-cabe-4f0a-a7fb-a3d229003dc2>

This is how the school officially tracks who has signed up for, paid for, and is considered to be “on the team”.

**Meet Schedule:**

The schedule is still a work in progress, when finalized it can be found at: www.carrollcountyathleticleague.org

**Summer Training Schedule:**

Look for a separate communication about summer training. This will be used as a guide based on your current fitness and experience. Keep in mind that fitness is not a skill that can be picked up or quickly learned, you must put in the work. Your success and susceptibility to injury during the season are directly dependent on your summer training! Athletes are normally encouraged to run together with upperclassmen organizing runs, however attendance is not mandatory in the summer.

We look forward to seeing you all in August for another great CHS Cross Country Season, Go Knights!!

Coach Mead

Coach Grosh

Coach Fleming