



Grayson Rams Cross Country

2021



Contact Information

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Introduction of Coaches

Josh Shelton – Head Coach

What is Cross Country?

Why?

- 5K/3.1 miles
- Usually on a grass course It takes strength, endurance, and speed
- Why is Cross Country for me?
 - It's a great sport that gets you outside in the woods
 - You make a new "Family"
 - No cuts: If you want to run, you get a spot on the team

What can you expect from us?

- A positive influence
 - *Our goal is to provide a positive overall experience*
- Quality and constant coaching
- Professional behavior around the kids, other teams, and parents
- Commitment to your student athlete, Grayson HS, and our program

What we expect from our runners?

- Commitment to our program
 - *A desire to be a part of something more important than a single runner*
- Be proud of Grayson Cross Country
 - *Always representing Grayson Cross Country*
- Be on time and ready to work every day
- Represent the attitude and behavior that reflects well on the program and school
- Not a part-time commitment-kids are expected to be at practice **everyday**

Expectations for Parents

- We need your help!
 - 1 – Your effort and energy
 - 2 – Your financial contributions
 - 3 – Your contacts within the communities
- Talk to Ms. Pastor or Mrs. Payne about how you can help!
- Grayson Day Road Race = **SUCCESS!**
 - Thank you to all parent volunteers and Booster Club Presidents!

Going back to expectations of the kids...

- **Parents outstanding job!!!!**
- **It is the kids turn now (they have to be the ones to put in the work)**
- **... Time to start running!**

Goals:

This year and Beyond

This Year

- 1) Make summer a top priority.
- 2) Focus on the process of being a top flight team.
 - a) Process: focus on the mileage, consistency, and attitude that will make us a great team.
 - b) team and individual goals will take care of themselves if we focus on the process

Beyond

- 1) Remain a top tier program.
- 2) Focus on the elementary and middle schools feeding into GHS

What will it take to achieve these goals?

- Dedication
- Consistency
- Hard work
- Most importantly
 - **ATTITUDE**
 - Day in and day out being positive

Summer Conditioning

- 1) *Summer conditioning is VERY IMPORTANT*
 - *Why? Builds the base necessary to reach their potential during the season and their cross-country career.*
 - *Strength (with more strength they develop more foot speed and better form)*
 - *Mileage (Safe and Smart)*
 - *We will not only run, but also have strength workouts 3 nights a week (extremely important)*
 - *Core Training*
- 2) *MON-THURS 7:30-9:30 am @ Tribble Mill Park in the parking lot near the playground*
- 3) *MUST HAVE A PHYSICAL BEFORE THEY CAN START.*
- 4) *What do they need to bring? Water, yoga mat, maybe a snack for afterwards, **good running shoes** (their preference, completely up to them)*
- 5) ***This is the most important part of our season!***



GRAYSON HIGH SCHOOL ATHLETICS

1. Download the DragonFly Max app from the App Store or Google Play.
2. Tap "Get Started" and "Sign Up for Free." Follow the prompts to create your parent account with your own email address.
Note: Please do not create an account with your child's name or contact information. You will add your child(ren) to your account.
3. Verify your account with the verification ID sent to your email address.
4. Tap "Connect to your school" to select "Parent" as your role and search for your child's school.
5. After selecting your child's school, tap "Join" to request access. An administrator at your school will approve your request. Note: You do not need to wait for approval to begin Step 6.
6. Tap "Set up your children" and follow the prompts to add your child and fill out their participation forms and upload required documents. Note: You must upload both pages of the history and exam forms. Please make sure your child's name is on each page of the forms. The exam form must include the doctor's printed name, signature, date, address and phone number. You only need to upload the front of your insurance card. Documents may be submitted to the Athletic Office if you are not able to upload.
7. After completion, you can review his/her profile OR add another child.

***Physicals are not considered complete until all forms on DragonFly are complete and all required documents are uploaded.**

Contact Kathryn Langston in the Athletic Office at 770-554-7849 or kathryn.langston@gcpsk12.org for additional help.

PREFER TO DO THIS ON YOUR COMPUTER?

Visit dragonflymax.com and click 'Log In/Sign Up' to get started.

Season Information

- Important Dates for the Summer
 - Monday, June 7th - First day of conditioning
 - June 28th- July 4th GHSA(Dead Week) Extremely important for the kids to still meet-I cannot be there.
- Important Dates for the Fall
 - August 2nd(1st official day of practice-remember practice is mandatory
 - Parent Kick off Meeting TBA
 - Other important dates will be put together at the beginning of the school year

MEET Schedule Template

2020 Meet Schedule (*just to give you an idea of what meets look like*)

Time Trial: Aug 24th

Winder 2 mile Tune-up: 8/17

Battle of Atlanta: 8/24

Over night in Jekyll: 8/31

Double Dip: 9/7

County: 9/14

Apple Hawkins Invite: 9/28

Coach Wood Invite: 10/12

Area (over night): 10/19

STATE!: 11/1

The Season “officially” starts August 2nd-what to expect

- Time commitment
 - Monday through Saturday
 - Saturday Meets (If we do not have a Sat meet, the Varsity will have practice, AKA long run)
 - Generally 2:30 to 4:00-4:30-Most days will be at GHS and one or two days a week at TM Park-weekly schedule will be posted. What does this mean? We will need help getting the kids over to the park!.
 - 8-9 meets throughout the year
 - Most importantly, if the kids cannot get it done in the classroom, they cannot participate. (Regardless of how good someone is, the number 1 priority is the classroom)

Between now and Aug 2nd

- Mileage and overall strength
 - START RUNNING NOW!
 - Be at as many conditioning days as possible(ALL of them if you can)
 - We will be working on core and mileage
 - 300 to 600+ miles this summer!
 - 300-500+ Girls
 - 400-650+ for the guys
 - Younger/first year runners will be closely monitored to see what they can handle (getting out there everyday is the most important thing for these kids)

Booster Club Info (Ms. Pastor or Mrs. Payne)

- Cost, dues, what the dues pay for, due date, etc...
- Questions???
- Also, best way to get the info you need:
 - If you have not yet linked with us on Remind, just text [@gysnxc20](https://www.remind.com/@gysnxc20) to 81010 to get hooked up.
 - Graysoncrosscountry.net
- Thank you!