



## Cross Country *Frequently Asked Questions (FAQs)*

**Q. The cross country program is for what grades?**

A. 7<sup>th</sup> and 8<sup>th</sup> grade girls and boys.

**Q. Is any prior experience needed?**

A. No. Just a desire to run!

**Q. How is the team constructed?**

A. There is one girls team (7<sup>th</sup>-8<sup>th</sup> Grade) and one boys team (7<sup>th</sup>-8<sup>th</sup> Grade).

**Q. Season start and end dates?**

A. Practices begin August 1 and usually meets begin sometime at the end of August.

**Q. How far do the participants run?**

A. Junior High cross country races are usually 2 miles. Practice times and distances will vary depending on the workout.

**Q. Practices are when and where?**

A. Typically the girls and boys run practices together. Usually practices are determined by the coach and vary in frequency, time and place. Examples are McNicholas High School and Julipfs park.

**Q. Does GA expect participants to practice?**

A. Practice is very much encouraged. As in all sports, practice improves ability, especially with running distance races. Cross country is a sport that is both individual and team. It is a flexible sport because of this. GA encourages any student who would like to run, to meet/speak with the coach and get specifics.

**Q. Meets are typically when?**

A. Most meets are on Saturday mornings/afternoons, but occasionally they are after school.

**Q. How is it decided who runs in the meets?**

A. All participants will run in every meet. Which race they run will be determined by the coach based on numbers and ability. They may be divided to run different races.

**Q. How many coaches are there?**

A. Usually 1 or 2.

**Q. Can parents coach?**

*A. Yes! Typically coaches are always parents!*

**Q. When is registration?**

*A. Usually it takes place in April and May during the Friday Fish Dinners during Lent in the Spring before the season and before the end of school.*

**Q. How do I register?**

*A. Usually there is a sign up evening in the Spring as well as sending it through the Wednesday envelope or dropping it at the school's main office. Just go the school website and download the forms, fill them out, and send with the required fees.*

**Q. What is the cost?**

*A. It will vary year to year. Check the GA athletic link on the website for any updated information.*

<http://www.gaschool.org/curricular/athletics/sportsregistration/index.asp>