

# *Fayette County High School Cross Country 2022*

**Tryouts:** JULY 25 Requirements- (Runner must be able to run an 8:00 minute mile (boys) or a 9:00 minute mile (girls) for varsity, 10 minute mile (junior varsity).

**Eligibility:** Athletes must meet all AHSAA eligibility requirements to be on the team

- Must be in 7th-12th grade
- Must have a current physical, birth certificate, concussion form, parent release form, and NFHS sportsmanship certificate uploaded to the **DRAGONFLY** app prior to first practice.

**Coaches-** Bri Magouirk [bmagouirk@fayette.k12.al.us](mailto:bmagouirk@fayette.k12.al.us)

## **WHEN:**

Practice (Monday, Tuesday, Thursdays in August- November and one day on your own)

- Students will practice 4 days a week until the first meet. After the first meet, practice will be twice a week during weeks when a meet is held and three times a week on off weeks. ALL practices are required.
- Practices will be held at Guthrie Smith Park, local neighborhoods, and Sokol Park
- Meets are typically held on Saturday mornings

## **WHERE:**

- Meet locations will be listed on the schedule and can be found on the website Alabama runners (along with race routes, directions to the meet, and all necessary info).

<https://al.milesplit.com/calendar>

## **WHAT TO DO NOW:**

- 1) Complete dragonfly requirements
- 2) Add GroupMe app
- 3) Add Couch to 5K free app and/or map my run (start running!)
- 4) Pay for uniform \$100  
Includes: Uniform, t-shirt, and hoodie/sweatshirt
- 5) Pay Fees \$125
- 6) Purchase ALL additional gear (socks, shoes, watch, etc)
- 7) Help with Fundraisers!!!

## **How MUCH:**

Each runner will need to pay **\$125** athletic fees for the 2022 Cross Country season. Each runner will also be responsible for purchasing their uniform (**\$100**). Runners are responsible for ALL transportation to and from practices and meets. **Fundraisers will be required. We will do 3 fundraisers and if the athlete does not complete each, there will be a \$25 charge for each fundraiser.**

**Runners will also need the following (to be purchased individually):**

Shoes- training shoes and running spikes/ flats (throwing shoes)

Replacement spikes and spike tool

Water bottle, Training gear (cool breathable material)

A watch for pacing time



## *FCHS Cross Country 2021 Schedule*

<b>Date</b>	<b>Meet</b>	<b>Location</b>
Sat Aug 20	ACA invitational	Tuscaloosa , AL
Sat Sept 10	Chickasaw Trails	Oakville, AL
Sat Sep 17	TCBY invitational	Tuscaloosa, AL
Sat Sept 24	Kudzu Hills	Bremen AL
Sat Oct 1	Lake Guntersville Invitational	Guntersville, AL
Sat Oct 15	Husky Challenge	Trussville, AL
Thurs Oct 20	Oakville Invitational	Oakville, AL
Thurs Oct 27	Sectionals	TBD
Nov (TBD)	State Championship	Oakville, AL