

Cross Country Kick off Meeting

May 8, 2018

AGENDA

1. Welcome and Introductions
2. Physicals and other Forms
 - **Physicals:** Go to **RankOne:** <https://north-gwinnett.rankonesport.com/>. Near the top of the page is a "Download and Print" tab where you will find the "Physical Examination Form." This form should be printed, completed by a doctor, signed, and returned to either Kathy Johnson in Room 600 or a cross country coach.
 - **All Other School Forms:** Please complete all other forms electronically through RankOne using the above link.
 - We will need hard copies of **ONLY** the physical forms signed by the Doctor.
3. Communication:
 - Website: <http://www.northgwinnettxc.com/>
 - Email Address: nghsxc@gmail.com
 - Remind (text emergency communication): text @3394e8 to 81010
 - We will use <https://tinyurl.com/2018NGHSCrossRoster> to create our official roster. Please sign up online as soon as possible.
4. Summer practice and training
 - 2018 NGHS Cross Country Summer Schedule
 - 2018 Summer Mileage Log
5. Financial Obligation
 - Booster Club Dues: (\$160 first athlete; \$80 second athlete)
 - Uniforms: (uniform top and bottom is mandatory; sweats and spirit wear are optional)
 - Bulldog Dash: (individual entry fee and we ask every family to get one sponsor of \$50)
 - End of Summer Team Activities (\$50-\$200 depending on overnight stay)
 - Team Trip: (We take charter busses and stay overnight; approx. cost is \$250-\$300)
 - Banquet for parents and guests: (\$15 per person)
6. Uniform and Booster Club Dues Information
7. 2018 Cross Country Schedule and Bulldog Dash Update (Tentative date: Sat., August 11)
8. Middle School Program
9. Questions?