

# Cross Country Kick off Meeting

May 13, 2019

## 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 800 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](mailto:nghsxc@gmail.com)
  - Remind (text emergency communication): Text @ngxc19 to phone #81010
  - We will use <https://tinyurl.com/2019NGHSCrossRoster> to create our official roster. Please sign up online as soon as possible.
4. Summer practice and training
  - 2019 NGHS Cross Country Summer Schedule
  - 2019 Summer Mileage Log
5. Financial Obligation
  - Booster Club Dues: (\$175 first athlete; \$100 second athlete)
  - Uniforms: (uniform top and bottom is mandatory; sweats and spirit wear are optional)
  - Bulldog Dash: (everyone pays \$25 individual entry fee and we ask every family to get one sponsor of \$50)
  - End of Summer Team Activities (\$50-\$100 depending activity)
  - 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. 2019 Cross Country Schedule and Bulldog Dash Update (Tentative date: Sat., August 10)
8. Middle School Program
9. Questions?