

# 2017 Harrison Cross Country

## General Information

- ✓ **Head Coaches:** Kent Simmons ([Kent.Simmons@cobbk12.org](mailto:Kent.Simmons@cobbk12.org))  
Jason Scott ([hoyarelay@hotmail.com](mailto:hoyarelay@hotmail.com))  
**Assistant Coach:** Becky Dunn and Meredith Bonanni
- ✓ **ABOUT XC**—Cross country is an endurance running sport. The competition is usually a 5K race (3.1 miles) over trails, fields, and hills. It is a unique sport in that both teams and individuals are recognized.
- ✓ **BOOSTER CLUB** - All parents are encouraged to join the Booster Club. The cost to join is \$270.00. The first meeting will be held in August to provide information for the upcoming season. Scott Moody is the President ([hoyaxclub@gmail.com](mailto:hoyaxclub@gmail.com)).
- ✓ **SUMMER TRAINING** - Team summer runs begin June 12<sup>th</sup> at 5:30 at Allatoona Creek Park (ACP). **A COMPLETED PHYSICAL FORM MUST BE UPLOADED TO PARENTVUE IN ORDER TO PARTICIPATE IN SUMMER RUNS.** Athletes, parents and siblings all are welcome to run the trails. This is the best way to prepare for the season. Mileage schedules and logs will be provided to guide your training. We are also doing weight/core training on Tuesdays and Thursdays at 9:00 AM at HHS.
- ✓ **RUNNING CAMP** – June 5<sup>th</sup>-9<sup>th</sup> The XC Team hosts a running camp at Harrison High School from 8:30 am – 12:30 pm for rising 5<sup>th</sup> – 9<sup>th</sup> grade. The registration link is on our website at [www.hoyatfxc.com](http://www.hoyatfxc.com). Registration deadline is May 28<sup>th</sup>.
- ✓ **TEAM BUILDING** – The Harrison Cross-Country team has a strong team spirit. We train together, we compete together and we have fun together. The team organizes a number of summer events including the “Guns Up” party to kick off the summer running season and a team-building activity later in the summer.
- ✓ **THE SEASON** - The official Cross Country season begins on August 1<sup>st</sup> . The varsity team can have 10 meets plus region and state. The junior varsity team has 7 meets and ends the season with the region race. The banquet will be in November.
- ✓ **QUESTIONS** – If you still have questions please feel free to contact the coaches or the booster club president. For those of you who are new to the sport, it can be overwhelming. Feel free to ask questions and let us know how we can help.

**Website:** [www.hoyatfxc.com](http://www.hoyatfxc.com)

**Facebook:** Hoya XC

**Twitter:** Text “follow @hoyatfxc” to 40404

**Remind 101:** Text “@hoyaxc17” to 81010



## Dear Athletes,

Welcome to Harrison Cross Country. We have a fine tradition of excellence in our program here at Harrison High School. Our teams annually compete for region, county and state championships and our program is widely considered one of the best in the state. The success of our program depends upon the commitment of our athletes, staying healthy, and listening to your coaches.

Summer is the time to build base mileage. Base mileage helps prevent injuries and ensures success during the season. We created a plan for athletes to follow depending upon their experience, goals, and ability. Please follow the plan that has been created for you. Do not get over-ambitious and try to do too much. We have seen too many people who get injured trying to get into shape in the last two weeks before official practice starts. Our summer runs are low-key opportunities to build that base mileage for the fall, to get to know your teammates, and to become familiar with the sport. **Our summer runs will begin on June 12<sup>th</sup>.** Teams that run in the summer win championships in October and November.

Our booster club provides important financial support for all that we do. They coordinate food at all the meets, help provide for the coaching staff, supplement our out of town trip, and host our end of the year banquet. They depend upon volunteers to help coordinate all these activities so encourage your parents to join and volunteer.

The three big events in the summer are great ways to get involved early and to meet your teammates. The Gun's Up Party is a great chance to get to know the HHS team. Rising 9<sup>th</sup> graders should attend the Harrison Running Camp which will be June 5<sup>th</sup>-9<sup>th</sup>. Finally, the captains do a number of team building events over the summer so look for that info.

Thanks for your interest. If you have any questions, please feel free to contact the coaches. We look forward to a very successful season.

Coach Simmons  
Co-Head Coach

Coach Scott  
Co-Head Coach

Cross Country  
Website

[Kent.Simmons@cobbk12.org](mailto:Kent.Simmons@cobbk12.org) [hoyarelay@hotmail.com](mailto:hoyarelay@hotmail.com) [www.hoyatfxc.com](http://www.hoyatfxc.com)

# Harrison Hoyas Cross Country

## Calendar of Events

# 2017

- May 11** Pre-summer running Logs begin  
**June 5-9** Jr. Hoya Camp  
**June 12** Summer Runs Check In – 5:30 pm. All runs must be finished by 7:15 pm. Allatoona Creek Park  
**Physicals must be uploaded to ParentVUE**
- Platform**
- (Must have to practice)**  
**Rest of Summer schedule**  
**Monday** – Cheatham Hill (\*The very first summer run will be held at ACP!) 6:00-7:15 AM Run at 9:00  
**Tuesday** – AM Weights at HHS at 9:00  
HHS Track (6-7:15)  
**Wednesday** – Allatoona Creek Property (ACP)  
(6-7:15) AM Run at 9:00  
**Thursday** – AM Weights at HHS at 9:00  
HHS Track (6-7:15)
- June 13** Guns Up Party! Ready...Set....GO!!!  
See invite for location – 7:30-9:30 pm  
Parents and Athletes are invited for dinner and fun!
- July 3-7** Dead Week—no coaches but Captain’s runs  
**July 16-21** Smoky Mountain Running Camp (Sun-Fri)  
**Aug 1 (Tues)** First Day of Official Practice – 3:45 pm  
HHS Track
- August 4** **Deadline Day!!**  
**Registration/Membership Forms & Fees Due**  
**(\$270 made out to HHS XC Booster Club)**