

St. Benedict's Cross Country Info 2025-26

AT A GLANCE:

Registration	May 13th- July 1st 2025
Practice:	Monday, Tuesday and Thursday's - On Campus Wednesday's - Meet at Heritage Trail- 60 Fountain Road, Mableton Ga
Season:	August 13- Mid October
Fees:	\$325 - Includes Meet entry, race wear rental, practice shirt, end-of-the-season banquet, MAAC league fees, coaching, and equipment.
<i>All teams are contingent on the amount of interest, coaches, and facilities.</i>	

Team Expectations:

1. All team members will need to have a completed medical clearance by a physician. This form will only need to be completed once a school year. For example, if your child has participated in Basketball during the same school year, they will not need to complete another form. A copy of the form can be found here: [Medical Evaluation Form](#). The original copy needs to be handed in to the office for Coach Tameko Goodwin or Mrs. Shepherd.
2. Signed Parent and Student Athlete Handbook.
3. Parents and/or guardians are responsible for providing transportation to and from practice and/or meets.
4. All skill levels are welcome; however, there will be a mandatory evaluation to determine which events your athlete will participate in.

Registration:

Registration will begin on May 13, and close on July 1st. Please make sure to register through CampBrain, as there are mandatory forms that need to be signed.

Team Fees:

The fees will include racewear rental fees, practice t-shirt, end-of-season banquet, league fees, coaching, and equipment.

Team Practices/Meets:

Our meets occur on some Mon- Thursday and Sat mornings and there may be a couple of Meets during the week. Parents will be responsible for transporting athletes to and from XC Meets. The schedule of Meets is [Here](#), however the schedule is subject to change. In most cases, boys and girls run separately. We will compete and support each other as a team. Athletes are expected to arrive at the meet at the designated

time, cheer on teammates, and remain at the meet until all St. Benedict's athletes have finished the competition.

Practice & Meet Expectations

- **Attendance:** All runners are expected to attend practice unless injured.
- **Cancellations:** Practices will only be canceled in cases of **thunderstorms or extreme heat**. Any cancellations will be communicated by the head coach through **Gamechanger**.
- **Meets:** Athletes are expected to be present at every meet unless injured.
- **Other Activities:** Runners involved in other extracurriculars may miss up to **2 practices per week** (out of the 4 scheduled).

Clothing & Equipment:

Players will be responsible for wearing the appropriate clothing and gear to each practice and Meets. This includes running shoes.

Academic and Behavior Expectations:

Student-athletes competing on the St. Benedict's swim team are students first and then athletes. Academics remain the utmost priority; should grades become an issue, a meeting will be held between coaches, teachers, and student-athletes to decide on appropriate actions. Balancing schoolwork and athletics will ultimately be a great life skill to learn for each student-athlete.

Students are always representing St. Benedict's school in training and competition. Behavior during practice should be the same as when in school. We ask that athletes respect themselves and others, remain focused, always do their best, and follow the rules we establish as a team.

Safety during our team training must always be the top priority. Student-athletes must remain focused and safety-conscious. If behavior becomes an issue, dismissal from the team may be the final consequence of inappropriate behavior.

Remember, students represent themselves and our school on and off the court and should be honorable and kind to others.

Team Communication:

Our primary form of communication will be through the Gamechanger App. You can expect any schedule changes or practice updates through there. Once we have the official roster, you will be added to

the team to receive notifications. Please make sure to download this app. In addition to Gamechanger, we will send a weekly email out to all parents for the week of schedule and longer updates.

We look forward to partnering with you and working with our student-athletes this season. If you have any further questions, please reach out to stbsathletics@stbs.org.