

Fayette County High School Cross Country 2021

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 (**ASAP!**)

Coaches- Girls- Bri Magouirk bmagouirk@fayette.k12.al.us

Boys- Dan Gonzalez dgonzalez@fayette.k12.al.us

WHEN: Practice (Monday, Tuesday, Thursday 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 (per our current schedule)

WHERE:

- Meet locations are listed in the schedule below 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:

- 1) Complete dragonfly requirements
- 2) Add GroupMe app- FCHS CC 2021
- 3) Add Couch to 5K free app and/or map my run
- 4) Pay for uniform \$100
Includes: Uniform, t-shirt, and hoodie/sweatshirt
- 5) Pay Fees (\$150) estimated
- 6) Purchase ALL additional gear (socks, shoes, watch, etc)
- 7) Help with Fundraisers!!!

How MUCH:

Each runner will need to pay a **minimum** of **\$150** for the 2021 Cross Country season. Each runner will also be responsible for purchasing their uniform from OP's Tees. Runners are responsible for ALL transportation to and from practices and meets. **Fundraisers will be required. The first fundraiser will be a car wash on Saturday, August 23, 2021.**

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)

Sports bag for gear

A watch for pacing time



FCHS Cross Country 2021 Schedule

Date	Meet	Location
Sat Sep 4	Pepsi Invitational	Moulton , AL
Sat Sep 18	TCBY invitational	Tuscaloosa, AL
Sat Sept 25	Kudzu Hills	Bremen AL
Sat Oct 2	Jesse Owens Classic	Oakville, AL
Sat Oct 9	Dew it on the Trails	Decatur, AL
Thurs Oct 21	Oakville Invitational	Oakville, AL
Thurs Oct 28	Sectionals	Tuscaloosa, AL
Fri Nov 12	State Championship	Oakville, AL