



CSAS and Normal Park Cross Country 2023 Schedule & Information

Normal Park - We're so happy to have you join us! Let me know if you need more information - Coach Lockrow lockrow_j@hcde.org

Hello and Welcome!

Thank you so much for allowing and encouraging your child to participate in cross country. I know it takes a significant family commitment to attend practices and meets.

PRACTICE: Weather permitting, we will practice **Monday - Friday** from **4:05 to 5:10**. Please pick up your runner in a timely manner.

COMMUNICATION: If practice or a meet is canceled, I will send out a message via REMIND as early as possible. **Be sure to sign up to receive the messages.**

 remind CLASS CODE: **CSASXC23**

If a runner will not be at practice, he/she should let me know *before* missing practice. Runners can come see me in my classroom (205) or email. lockrow_j@hcde.org

PHYSICAL and REQUIRED FORMS:

Before attending practice the forms listed below must be *completed* and *turned in to me*. **These documents are to ensure your child's safety, so there are no exceptions.**

We are no longer partnered with DragonFly, so everything is on paper. I have copies of all the forms and they are also available on the school website and facebook page.

1. TSSAA physical form; must be dated April 15, 2023 or later to be considered current
2. Concussion Statement Form
3. Sudden Cardiac Arrest Form
4. Consent for Athletic Participation

HYDRATION: Runners need to bring a water bottle to school and practice **every** day. The most important thing is to drink water *throughout the day*. There is no need to drink sports drinks - water is best. Sports drinks like Gatorade and Powerade are better for after running. These drinks help replenish the fluids and electrolytes you lose during running. **Stay hydrated and be prepared for the heat.**

MEETS: Season meets are held at the Chickamauga Dam. Parents must provide transportation to and from the meets. ALL runners - boys and girls - need to be at the dam **dressed** and **ready** by 4:45.

Please pay close attention to the season calendar. **The season is longer and includes more meets than in the past.** In order to be eligible for a season award (given after the County meet), a runner must participate in all four regular season meets.

At each meet (except the jamboree) each runner will receive a finisher's card with the number he/she placed in the race. That number is used to score the race, so it's essential the number is returned. I'll generally ask a parent volunteer to collect those cards.

PARENT VOLUNTEERS: No experience needed! At each meet I'll need 1-2 parents to record the runners' times and collect the cards at the end of the race. It tends to work best if the parent of a boy records the girls' race and vice versa.

FEES: \$25 - The fee pays for meet entry fees, tournament awards, course set-up/maintenance. The fee should be paid online through the school website <https://csasupper.hcde.org/>. Click on ONLINE PAYMENTS and follow the directions provided.

I'm looking forward to a great season. Please let me know if you have any questions.

Coach Lockrow

EMAIL: lockrow_j@hcde.org

Date	Meet	Opponent	Time
Thursday, 8/17	Jamboree	--NOT SCORED--	Boys @5 Girls @5:30
Tuesday, 8/22	Meet 1	Brown Middle and CSLA	Girls @5 Boys @5:30
Thursday, 8/31	Meet 2	CCA, Howard Connect, and Soddy Daisy	Boys @5 Girls @5:30
Thursday, 9/7	Meet 3	Ivy Academy & Sale Creek	Girls @5 Boys @5:30
Tuesday, 9/12	Meet 4	Dalewood Middle, Tyner Middle, and CCSE	Boys @5 Girls @5:30
Thursday, 9/14	Regular season RAIN DATE (if needed)	Score the meet missed (only if needed)	follows the rotation of the rained out meet
Tuesday, 9/19	COUNTY MEET*	Race and score ALL teams	Girls @5 Boys @5:30
*All-county and season awards will be given out immediately after the county meet.			
FRIDAY, 9/22	SECTIONAL MEET	Woodland Park Baptist Church 6735 Standifer Gap Rd, Chattanooga, TN 37421	More information to come...
Tuesday, 9/26	COUNTY MEET RAIN DATE (only if needed)	Only if needed.	Girls @5 Boys @5:30
Saturday, 9/30	STATE MEET in Clarksville, TN	TMSSA State Championship @Weakly Park 4674 Sango Road, Clarksville, TN 37043	More information to come...