



2018 Jr Bucs XC Registration Boys & Girls 5th-8th Grade

We are excited about the 2018 Jr. Bucs Cross Country season. Whether you have been running for years or are just starting, we want all interested runners to come out. Middle School is a great time to develop running skills. The goal of Jr. Bucs XC program is to prepare runners for high school and beyond. We focus on technique, mental strength and learning the sport.

We will begin training in the summer. The regular season will run August through October. We will run in 5-6 meets this season and the meet schedule will be posted in late July. If you have questions, please feel free to contact us.

REGISTRATION

- Opens April 16th. Deadline to Register is June 15th. Registration will close when it fills up.
- COST: \$100/runner. There is a \$30 uniform fee to all runners new to the program.
- Registration is online at allatoonabucs.com/jr-bucs-cross-country.

SUMMER TRAINING SCHEDULE (Starts June 5th)

- Tuesdays 7:30am – Allatoona Creek Park (Army Corp) 5690 Old Stilesboro Rd NW
- Thursdays 7:30am – Allatoona High School (Back Lacrosse Field & Trails)
- Sundays 7:00am - Allatoona Creek Park (Army Corp) 5690 Old Stilesboro Rd NW

REGULAR SEASON TRAINING SCHEDULE (Starts July 31st)

- Tuesdays 6:00pm – Allatoona High School (Back Lacrosse Field & Trails)
- Thursdays 6:00pm – Allatoona High School (Back Lacrosse Field & Trails)
- Sundays 7:00am - Allatoona Creek Park (Army Corp) 5690 Old Stilesboro Rd NW

COACHING STAFF

- HEAD COACH: Andrew Windham
- ASSISTANT COACH: Becky Hohl
- JR BUCS COORDINATOR: Karey Windham jrbucsrrunning@gmail.com