



# 2022 Cross Country Interest Meeting & Pre- Season Info

# Coaches

- ▶ **Head Coach, Matt Gilchrist (703) 861-9642 (C)**  
[mtgilchrist@fcps.edu](mailto:mtgilchrist@fcps.edu)
- ▶ **Asst. Coach Lauren Soljanyk**  
[lsoljanyklee@gmail.com](mailto:lsoljanyklee@gmail.com)
- ▶ **Asst. Coach, Anver Ansari**  
[asansari@fcps.edu](mailto:asansari@fcps.edu)

# Captains

- ▶ *Luke Barlow*
- ▶ *Brian Creeks*
- ▶ *Raymond Creeks*
- ▶ *Nikita Sirigiri*
- ▶ *Angelina Xu*

# Required Paperwork

- ▶ All forms can be found on team website at: [www.chargercctrack.com](http://www.chargercctrack.com)
- ▶ Complete **Athlete Info Survey** ASAP (tonight)... to get on our mailing list.

## Due ASAP

- **Cross Country Athlete & Parent Info Survey (Online)**
- **Emergency Care Card**
- **FCPS Athlete Registration (online)**
- **Spirit Pack Survey**

## Due by July 30th

- VHSL Physical Form (dated after May 1st, 2021)
- Camp Forms (Permission Slip & Luggage Search Forms)
- Spirit Pack Orders must be made by Fri 8/5
- FCPS Drivers Form
- Team Bible (online acknowledgment)

## Athlete Info Survey

- ▶ Complete **Athlete Info Survey** ASAP ((right now) to get on our mailing list and active roster.



# Summer Conditioning

- ▶ Summer conditioning (June & July) begins Monday, June 6th. While it is voluntary in nature, training over the summer is a key element to a successful season.
- ▶ We will meet at CHS at 7:00 am on Monday-Thursday; and at Lees Corner Elementary on Fridays. (Saturday/Sunday runs are done on your own).
- ▶ Bring water, a towel and a watch.
- ▶ Use the summer conditioning schedule, and please follow the progress (if you start later in the summer, please start at Week One).
- ▶ Training Groups should include the following
  - ▶ **Purple: Veterans who have maintained fitness since March (in Purple or Silver Group)**
  - ▶ **Silver: Veterans who have not run since last fall or winter track (no spring track)**
  - ▶ **White: Beginners who have never done cross country or track before**

# Schedule

- ▶ Our meet schedule is still being developed, but here are some dates to get you started:
- **Monday, June 6th**- Pre-Season Conditioning start
- **Saturday, July 30st**- Pre-Season Meeting (Mandatory for all athletes and parents)
- **Monday, August 1st**- First Day of Practice
- **Tuesday, August 2nd**- Tryouts at Burke Lake
- **Friday, August 5th**- Final Day to Order Spirit Packs
- **Monday-Thursday, August 8<sup>th</sup> -11<sup>th</sup>** - Lost River Cross Country Camp
- **Friday, August 20<sup>th</sup>** – End of Pre-Season Time Trial
- **Monday, August 22nd**- School Starts
- **Saturday, September 10<sup>th</sup>** –Monroe Parker Invitational (You must have 20 practices to run)

# Team Camp

- ▶ Lost River Cross Country Camp- Every August, our team goes to a four day, three night camp in West Virginia.
- ▶ The dates are August 8th-12<sup>th</sup>.
- ▶ This is not required, but it is an expectation of all team members.
- ▶ The cost is \$350 (Check made out to **CHS Cross Country**).
- ▶ Athletes are required to turn in their *permission slip* and *luggage form*.



# Spirit Pack

- ▶ All athletes need to have the following items:
- ▶ Singlet
- ▶ Team Shorts/Spandex
- ▶ Team Shirt
- ▶ All other items (sweats, etc) are optional.
- ▶ The singlet is the same one used for cross country in past years (but not indoor/outdoor track). The team shirt is unique to cross country. The team shirt this year will be new, although the jersey is going the same.
- ▶ Please note that we will have the Spirit Pack store open for a short time once the season begins. It is your responsibility to order your uniform (through Cassel's Sports & Awards). Please do NOT order your uniform until you have made the team, through tryouts. There will be no refunds for athletes who order uniforms if they do not tryout, or subsequently quit the team. Athletes who tryout and do not make the team will be cancelled.
- ▶ Athletes must purchase their singlet directly from Coach Gilchrist, bringing a check for \$35.00 made out to CHANTILLY TRACK. Please put the athlete's name and size in the memo.

# Tryouts

- ▶ We will hold our seasonal tryouts on Tuesday, August 2nd. You **MUST** be present to tryout. Failure to show may result in not running this fall. If you are going to be absent on August 3rd, you must notify Coach Gilchrist **NO LATER THAN July 30<sup>th</sup>** , **AND HAVE IT EXCUSED**. (ie: Family Vacation may be excused; work schedule will not be excused). In the event of an excused absence, make-up tryouts will be held on Friday, August 5<sup>th</sup>.
- ▶ The tryouts will be held on our two-mile course at Burke Lake. The tryout standards are as follows:
  - ▶ **Boys: Freshman - 15:00; (first year) Sophomores- 14:30; Upperclassmen: 14:00**
  - ▶ **Girls: Freshman- 17:00; (first year) Sophomores- 16:30; Upperclassmen: 16:00**



▶ Questions?