East Hamilton HURRICANES HS Cross Country 2020

Head Coach: David Kelman
Assistant Coach: Janis Kelman

Contact:
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SIGN UP FOR 2020 XC REMIND LIST (remind.com): use code @769k6c

FEE: $55 (includes passthru to athletic fund, meet entry fees)
Have your TSSAA physical/consent, concussion form, and cardiac form when official practice begins 7/27/2020 (available at http://tssaa.org/schools/forms/ at “physical forms”)

VACATION WORKOUTS/CONDITIONING:
Starting Tues 6/2, we will have optional* summer workouts at East Hamilton TUES/THURS@9am-10:30am except during dead period (6/21-7/4). Often we will meet at greenways or parks, but otherwise we will meet at EHS in the rear by the track.
*(see expectations, below)

PRACTICE: Official TSSAA practice begins 7/27/2020. If you won’t be available to practice until the start of school, you MUST let us know when and why. Until school starts, we will mostly be practicing at 9am. Once school starts, we will usually begin practice at 2:45pm and end between 4pm and 4:30pm.

SCHEDULE: We will not know our full schedule until mid or late summer. However, we will mix in some Saturday invitationals with weekday NW Georgia league meets, home meets, and one or two weekday all-city meets near the end of the season.
Saturday meets will usually involve leaving at dawn and getting back around lunch.
Weekday meets usually start around 5pm and end by 8pm.

UNIFORM INFO: We will send out store/ordering information this summer via the Remind list.

EXPECTATIONS:
1) Performance: We do not have “tryouts” or “cuts”… but we do expect you put in the work and work for the team. I expect that EITHER you attend at least 5 summer workouts (out of 12), OR you be able to perform satisfactorily at our first 5k time trial on the East Ham track on 8/12. We want you to succeed, and we will always try to provide you more than one path to be a part of the team… so we do expect you to put your heart and body into your participation. If you do not meet expectations by 8/12, we will set a last-chance goal with you to meet for our first hilly course time trial 8/19.
   ♥☺♥ Remember that attending summer workouts, followed by continuing to meet the remaining expectations below, will ensure your spot on the team! ♥☺♥
2) Teamwork: Cross country is a team sport! Strive to follow team strategy in workouts and meets. Support your teammates. Hold each other accountable. Things are more fun that way, anyway!
3) Attendance and Communication: Practice and meet attendance is the expectation. If you can’t attend a practice or meet, you MUST talk to us beforehand.
4) Competitive Mentality: Meets are a competition. We expect good sportsmanship and a competitive approach to races. We believe that every athlete can adopt a racer’s mentality, no matter their current ability level, and we will guide you to that mentality so long as you follow our lead.