Lanier Cross Country 2021 Season

This is for Upcoming 5th Graders-12th Grade.

Coaches

Bob Gardner

Lanierxc@gmail.com

Johnny Sepulveda

Johnny.Sepulveda@gcpsk12.org

Rob BLASZKIEWICZ – COACH B.

Robblaszkiewicz@yahoo.com

Jeremy Mathews- MS Coach

jmlaniermsxc@gmail.com

Meet our Board

President

Treasurer

Tech

Secretary

Melissa
Bowman

Joseph
Phillips

Todd
Willis

Tiffany
Popp

What do you need to run? ✕

Practice

- Good Running Shoes
- Large Water Bottle
- T-shirt/Tank Top/Shorts
- Foam Roller
- Light Weight Resistance Band
- Beach Towel
- Watch

Race Day

- Uniform
- Running Shoes/Spikes
- Water
- Warm-Up Jacket
- Team T-Shirt
- Snacks will be provided
- We will determine for each race whether we will provide a bus or our own transportation.

Spikes?

Spikes are optional. We will have a spike night before season at a running store. Runners normally get a discount on running shoes and apparel that night.
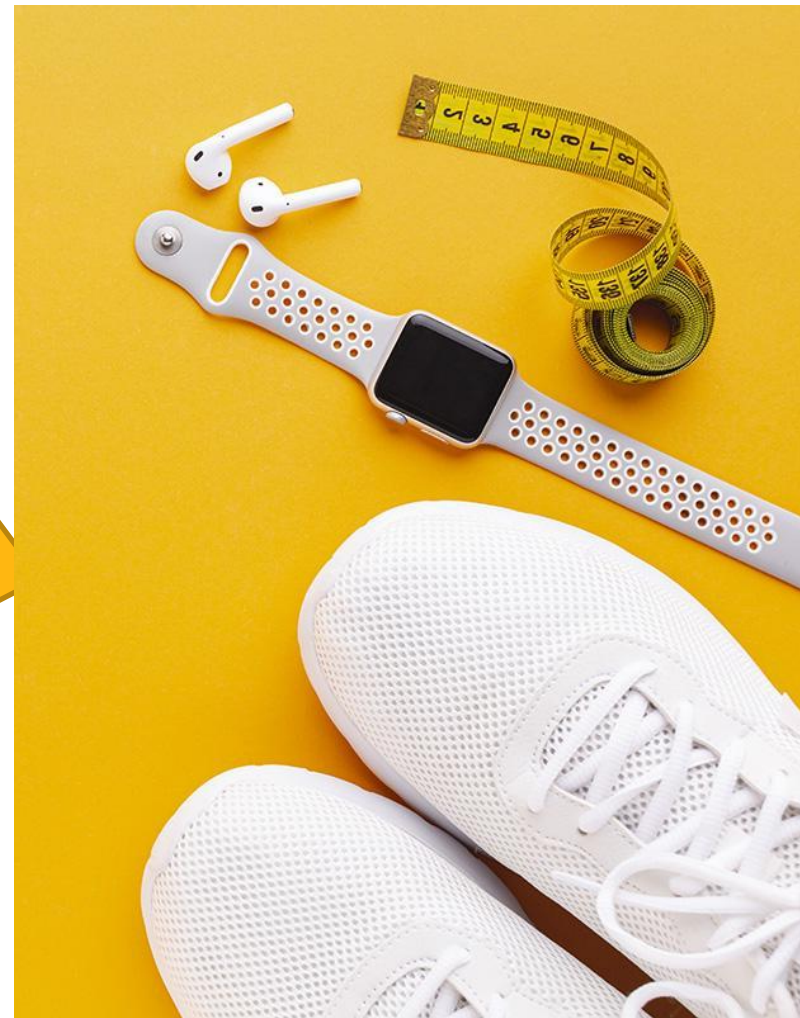
What does a normal practice look like this year?

- Warm-up
- Run- Different training each day
- Cool down
- Abs
- Light circuit
- Foam rolling
- Stretching.

Each is vital part of practice and training!

Summer Practice Schedule

High School

Day	Time	Location
Monday	7:30 AM-9:00 AM	Suwanee/Eniv. Center 330 Town Center Avenue, Suwanee, GA 30024 Or 2020 Clean Water Dr, Buford, GA 30519
Wednesday	7:30 AM-9:00 AM	Settles 380 Johnson Rd, Suwanee, GA 30024
Friday	7:30 AM-9:00 AM	Sugar Hill (Bowl) 5039 W Broad St NE, Sugar Hill, GA 30518

Middle School

Day	Time	Location
Friday	7:30 AM-9:00 AM	Sugar Hill (Bowl) 5039 W Broad St NE, Sugar Hill, GA 30518

High School Fall Practice Schedule

Monday	**EE Robinson** 885 Level Creek Road, Sugar Hill 30518	**2:30-5:00 pm**
Tuesday	**Suwanee** 330 Town Center Avenue, Suwanee, GA 30024	**2:30-5:00 pm**
Wednesday	**Settles** 380 Johnson Rd, Suwanee, GA 30024	**2:30-5:00 pm**
Thursday	**Environmental** 2020 Clean Water Dr, Buford, GA 30519	**2:30-5:00 pm**
Friday	**Sugar Hill** 5039 W Broad St NE, Sugar Hill, GA 30518	**2:30-5:00 pm**

Middle School Fall Practice Schedule

Monday	**Suwanee** 330 Town Center Avenue, Suwanee, GA 30024	**6:00-7:00 pm**
Wednesday	**Suwanee** 330 Town Center Avenue, Suwanee, GA 30024	**6:00-7:00 pm**

Tentative Race Schedule

Everyone will run races. For Carrollton and Charlotte runners will need to qualify to run based on times. Runners that don't qualify will run a JV Race elsewhere.

Top 7 runners will run at state.

High School

7/31	Run w/ the Herd 5K @ Sugar Hill
8/14	2 Mile @ WB
8/28	Jefferson
9/11	Carrollton (top 14 for boys & girls)
9/11	Horizon (JV)
9/18	AHS (JV)
9/17-9/18	Charlotte (top 7 for boys & girls)
9/25	TBD
10/7	Helen
10/23	Region
11/6	State

Middle School

|	
7/31	Run w/the Herd 5k @ Sugarhill
8/21	Host MS @ EE Robinson
8/28	Jefferson
9/11	Horizon -Cumming
9/18	AHS
9/25	TBD
10/7	Helen
10/16	MS State

2021
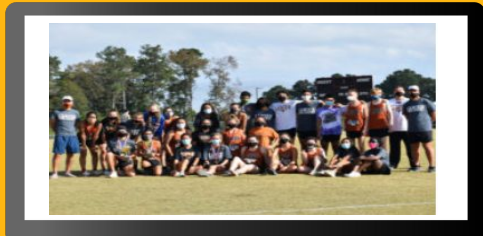
Rules/Attendance XC

Rules-

- Runners need to stay within the practice area determined by the coaches at each practice venue.

- Everyone needs to run with group that is assigned at practice.

- If a runner does not follow the practice plan, a runner can be suspended from the team and miss races.

- All rules in the handbook

Attendance-

- 80% Mandatory during the summer

- Regular Season- Mandatory

• Must be clear ANY absences with coaches at least a day before prior to being absent.

Team Bonding/Team Events

- Pasta Parties
- Team Building Activities
- Run with the Herd 5k Event
- Runner of the Week
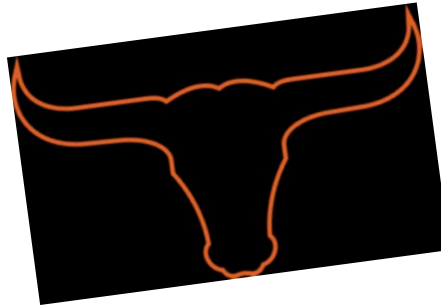
Run with the Herd- July 31st @ THE BOWL

- Time trial for high school runners

- Encourage all middle school runners to participate

- $20 per athlete/staff

- $25 General Public

- $30 Day of Race Registration

- Sponsorships- Each runner is encouraged to raise $300 (anything over will be deducted from dues)

- More information to come

What you need to complete....

✓ **Dragonfly**
You must complete all the 2021/2022 forms

✓ **Google Form**
Link: HS- https://forms.gle/ftFMJme6GAsGmSik9
MS: https://forms.gle/pdWR5h2hXnabJ6FB6

✓ **Physical**
Must be up to date to participate. Loaded on Dragonfly

✓ **Payments**
High School Fee- $300
Middle School Fee- $200
Treasurer will discuss

Dragon Fly ✕

How to sign up for dragonfly?

- Go to www.dragonflymax.com, click "LOG IN/SIGN UP" to begin creating your account.
- **School name**: LANIER HIGH SCHOOL
- **School code**: RQD8W6
- You must complete the 2021/2022 forms
- Must be done on a desktop computer
- You must have a parent and student account.
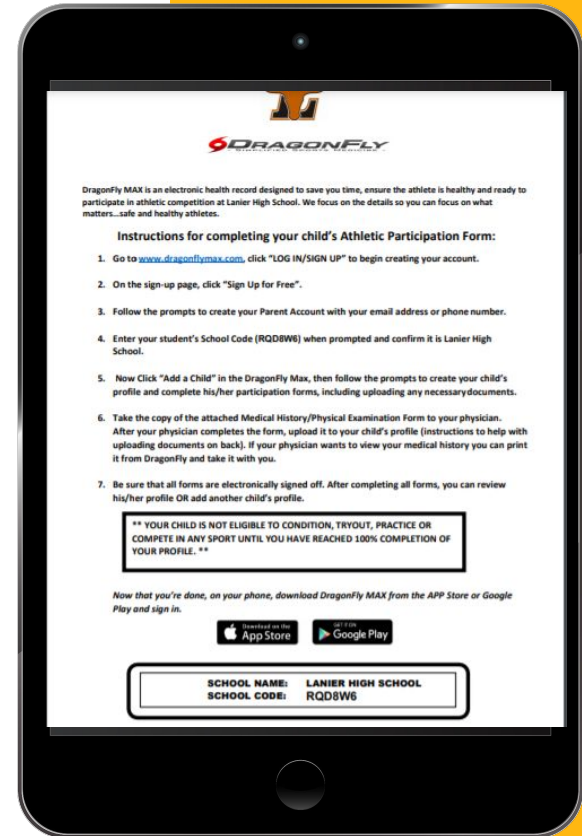
THANKS

Do you have any questions?