

# LGXC

## 2024 SEASON INFORMATION





### Parent Meeting 5/21/2024

- General Information:
  - Cross Country Dues
    - High School Due
      - \$280 Cross Country Fee - Includes 2024 uniform
    - Middle School Dues
      - \$200 Cross Country Fee - Includes 2024 uniform
- Fundraisers:
  - There will be no other dues for the booster club as long as the athlete participates in the fundraisers.
  - Athletes will be expected to participate in fundraisers that we will be working in order to raise money.
- Teams:
  - Teams will be split into Varsity, JV and Middle School this season
    - Varsity will consist of the top 7 - 8 runners (and may change from meet to meet depending on individual progress).
    - JV can move up based on their times in each race.
    - Middle School - 8<sup>th</sup> graders can race in the middle school race which is 1.87 miles but also can run in the JV race, this will be up to the coach's discretion. 6<sup>th</sup> and 7<sup>th</sup> graders can only run in the Middle School race.
- Practices:
  - Highschool: First mandatory practice is Thursday, August 1, 2024.
  - Middle school: First mandatory practice is Monday, August 6, 2024.
  - Athletes are expected to show up at practice with proper footwear (NO CROCS or SLIDES) and proper practice attire.
- Requirements to Participate:
  - Updated physical
  - All release forms & documents uploaded on DragonFly
  - Uniforms are \$80 and are included in the dues for High School and Middle School.










- Athletes **MUST** purchase their own uniform in order to be able to compete. The uniforms are for athletes to keep (they do not need to be returned at the end of the season).
- **WARM-UPS** - Warm-Ups are included in athletes dues. **DUE DATE TO ORDER IS JUNE 15TH (1/2 of TOTAL DUES MUST BE PAID IN ORDER TO PLACE WARM-UP ORDER FOR ATHLETE(S)).**

High School Warm-Ups			
Womens Warm-Up Top SML-2XL	Womens Warm-Up Bottoms XSM-2XL	Mens Warm-Up Top SML - 3XL	Mens Warm-Up Bottoms SML - 3XL
<small>NKCN9340 - NIKE WOMEN'S THERMA ALL-TIME FULL ZIP HOODIE</small> 	<small>NKDH5183 - NIKE WOMEN'S DRI-FIT ELEMENT PANT</small> 	<small>NKCN9409 - NIKE EPIC 2.0 KNIT JACKET</small> 	<small>NKDH4950 - NIKE DRI-FIT ELEMENT PANT</small> 

Middle School Warm Ups Tops			
Womens Hoodie SML - 3XL	Womens Warm-Up Bottoms XSM-2XL	Mens Hoodie SML - 3XL	Mens Warm-Up Bottoms SML - 3XL
<small>NKJ1789 - NIKE WOMEN'S CLUB PULLOVER FLEECE HOODIE</small> 	<small>NKCN9470 - NIKE EPIC KNIT PANT 2.0</small> 	<small>NKJ1611 - NIKE CLUB PULLOVER FLEECE HOODIE</small> 	<small>NKCN9470 - NIKE EPIC KNIT PANT 2.0</small> 

Optional Items for Purchase		
Womens Hoodie SML - 3XL \$50	Mens Hoodie SML - 3XL \$50	Backpack \$50
<small>NKJ1789 - NIKE WOMEN'S CLUB PULLOVER FLEECE HOODIE</small> 	<small>NKJ1611 - NIKE CLUB PULLOVER FLEECE HOODIE</small> 	

- Days of Meets:
  - Snacks/Drinks
  - Into The Trail & Henry County Championship
    - We will be hosting 2 meets this season. Parents/Guardians help is absolutely NEEDED to for both of these meets. A sign-up sheet will be created and shared.
  - Parents will be asked to donate snacks, water, Gatorades, etc. on the day of races.
  - Transportation
    - Athletes will be responsible for their own transportation **TO** and **FROM** events. Buses are not provided.
- Coaches Information:
  - Coach Brooke Meadows – LGXC Head Coach
    - Cellphone: 770-286-3840
    - School phone: 770-898-1452
    - Email: [malynda.meadows@henry.k12.ga.us](mailto:malynda.meadows@henry.k12.ga.us)
  - Coach David Clark – Assistant Coach of High School
    - Cellphone: 786-619-7169
  - Coach Steven Greer – Middle School Head Coach
    - Cellphone: 404-452-4882
    - School phone: 770-957-6055
    - Email: [steven.greer@henry.k12.ga.us](mailto:steven.greer@henry.k12.ga.us)
- Relay of Communication:
  - These apps are for information and help only. This isn't the place for criticism or arguing. If there are any concerns, please privately message the coaches given the information provided above.

High School Athletes	High School Parents	Summer Workouts	Middle School Athletes & Parents
<p><b>LGHS XC</b></p>  <p>Scan the QR code to join the group</p> 	<p><b>LGXC Parents</b></p>  <p>Scan the QR code to join the group</p> 	<p><b>Summer ☀️ Workouts</b></p>  <p>Scan the QR code to join the group</p> 	

- Friendly Reminders:
  - You must take care of your bodies – **Hydration** and proper nutrition is essential to success in athletics. Proper hydration begins the day before physical activity. **BEGIN DRINKING WATER / SPORTS DRINKS ON SUNDAY BEFORE MONDAY'S PRACTICE 😊.**

# Locust Grove XC 2024 Schedule



Date	Start Time	Meet & Location	Participants
8.17.24 (Saturday)	8:00 AM	LGHS Into the Trail Invitational @ LGHS	<input checked="" type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
8.24.24 (Saturday)	8:00 AM	Strong Rock Patriot Invitational @ Strong Rock	<input checked="" type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
8.31.24 (Saturday)	7:15 AM 8:35 AM	Jekyll Island XC Invitational @ Jekyll Island	<input checked="" type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
9.7.24 (Saturday)	7:30 AM	Carrollton Orthopaedic Invitational @ Carrollton Elementary School – Carrollton, GA	<input checked="" type="checkbox"/> High School <input type="checkbox"/> Middle School
9.14.24 (Saturday)	8:00 AM	North Georgia XC Invitational @ University of North Georgia – Oakwood, GA	<input checked="" type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
9.21.24 (Saturday)	7:45 AM	Ranchers - Release the Hounds Invitational @ Jones County – Gray, GA	<input checked="" type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
9.28.24 (Saturday)	8:00 AM	Champions Chase @ Landmark Christian High School – Fairburn, GA	<input checked="" type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
10.5.24 (Saturday)	8:00 AM	Henry County Championship @ LGHS	<input checked="" type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
10.11.24 (Friday)	6:00 PM	Pickens & Grinnin' Invitational @ Roper Park – Jasper, GA <b>**VARSITY RACE**</b>	<input checked="" type="checkbox"/> High School <input type="checkbox"/> Middle School
10.12.24 (Saturday)	TBD	GA Middle School State Championship @ Bleckley County Elementary – Cochran, GA	<input type="checkbox"/> High School <input checked="" type="checkbox"/> Middle School
11.2.24 (Saturday)	TBD	2-AAAA Sectional Championship Location: Jones County	<input checked="" type="checkbox"/> High School <input type="checkbox"/> Middle School
11.9.24 (Saturday)	2:00 PM	State Championship @ Carrollton Elementary – Carrollton, GA	<input checked="" type="checkbox"/> High School <input type="checkbox"/> Middle School

**\*Times are subject to change.**

Locust Grove High School

XC Head Coach: Brooke Meadows - [malynda.meadows@henry.k12.ga.us](mailto:malynda.meadows@henry.k12.ga.us)

XC Assistant Coach: David Clark

XC MS Coach: Steven Greer

Principal: Anthony Townsend

Athletic Director: Stephen Phillips

Phone: 770-898-1452

Fax: 770-898-7076

Address: 3275 South Ola Road, Locust Grove, GA 30248



Information & Dues  
Return to Coach Meadows by Monday, August 12

Athlete Name:	
Male or Female:	
Athlete Grade Level:	
Athlete's Date of Birth:	
Athlete's T-Shirt Size: Women's (YM-2XL) - Men's (YM-2XL)	

Parent Contact #1 Name:	
Parent Contact #1 Cellphone:	
Parent Contact #1 Email:	
Parent Contact #2 Name:	
Parent Contact #2 Cellphone:	
Parent Contact #2 Email:	

XC Dues	
High School	Middle School
<ul style="list-style-type: none"><li>Mandatory LG High School Cross Country Dues: \$280</li></ul>	<ul style="list-style-type: none"><li>Mandatory LG Middle School Cross Country Dues: \$200</li></ul>
* Please pay by <b>Friday, Aug 30, 2024.</b> Dues must be paid for in FULL by 8/30/24 to continue competing. *	

I will pay the full amount for my student. I understand that if I do not pay the FULL amount by 8/30/24 my athlete will not be eligible to continue competing.

\_\_\_\_\_  
(Parent/Guardian Signature)

# Athlete Uniform & Warm-Up Order Sheet



Athlete Name:	
Circle One:	Male or Female
Circle One:	High School or Middle School
Uniform Top Size:	
Uniform Bottom Size:	
Warm-Up Top Size:	
Warm-Up Bottom Size:	

Do you want to purchase any additional items?  
MUST PAY FOR OPTIONAL ITEMS PRIOR TO PURCHASE. NO EXCEPTIONS.

Optional Items for Purchase		
<b>Womens Hoodie SML - 3XL \$50</b> 	<b>Mens Hoodie SML - 3XL \$50</b> 	<b>Backpack \$50</b> 
Quantity _____ Size(s) _____	Quantity _____ Size(s) _____	Quantity _____