Cross Country 2020/21

I’m excited to announce that Ben Franklin Academy will have XC this fall season. I would like to introduce Mrs. Johnson and Mrs. Gautier as CO-Head Coaches for our season this year and excited to watch our runners compete. XC will look a little different this year due to COVID-19 and CHSAA restrictions.

We will have tryouts on August 21st from 4:00pm to 5:15pm on the turf field. Due to the amount of runners we can have run at the same time we need to split the groups into 2-3 groups with 15 runners in each group. You will need to register your student for the tryouts in my school bucks and fill out a Covid-19 waiver that is posted on my webpage. We will also have paper copies at the check-in table before tryouts.

Once tryouts are completed we will place runners in three separate teams. A team, B team, and possibly C team (practice team). We have to divide the runners into teams due to the amount of kids we can send to the meets. Some meets will only allow 5 male runners and 5 female runners from each school to participate. Our goal is to get everyone at least one meet to run in. Once the teams are decided you will need to register your runner on the specific team you made after tryouts.

Practices will be Tuesday and Thursday starting the week of August 24th from 4pm to 5:15pm on the turf. Bring water, shoes, and a change of clothes to run in.

This will be a great year for XC and excited to see you out there!

Coach Macias