

Cross Country has begun!

I am happy to have Coach Nemeth and Coach Kort back with us this season. We are very excited to see everyone again and to welcome the newcomers. There are six important topics of information explained below. Please reach out with any questions, concerns, or comments.

First, here is how we will stay in touch throughout the season. Athletes AND parents should sign up for these communications (not just parents).

1. Join the co-ed email listserv. These emails will send out the week's meet sheets, results, and information about events that are pertinent to both the girls' and boys' teams. To do this, go to <https://gvxc.net/> and then click on the Email List tab on the right-hand side of the screen. Fill in the information and click Submit. *This website has all of GVXC (Geneva Vikings Cross Country) history on it. I highly recommend checking it out to see results from years past, school records, etc.
2. Join the Remind app. This is for last minute reminders for the girls' team only. This might include changes to practice locations/times due to weather, etc. Download the Remind App and then text 81010 the message: @girlsgv.
3. I will continue using this email listserv for girls' team specific information. I have used the parent email from registration and the girls' school email to compile this list. If you want someone else added, please email me at emorrison@geneva304.org and let me know what their email address is.
4. There is also an athletes-only GroupMe that the seniors put together for things like buying girls' team merch, spirit days, social outings, etc. Seniors will make announcements about joining this at practice throughout the first week.

Second, here is the link to the season's [meet schedule](#) for the 2024 CC (cross country) season. *Athletes are expected to take the bus to and from each meet with their team, even on the Saturday of homecoming, September 28.* All buses depart from and come back to drop off at GHS. If an athlete needs to miss a meet for any reason, communicate this early and often to head coach Beth Morrison at emorrison@geneva304.org.

Third, information about GVXC swag. Coach Raak has made some [GVXC merch](#). This is open for purchase for athletes, parents, and any other supporters of our team. Raak's online merch store closes on August 19. The senior girls have also designed girls only apparel and will get those order forms to the girls during the first week of practice. You can buy from one, both, or none of

these sources. This is optional, but most girls get the t-shirt that the girls design every season in order to match their teammates by wearing that t-shirt over their uniform to meets.

Fourth, a flyer for the Corn Boil is attached. All athletes are expected to attend. This is the night of the first day of school, so be ready for a long but celebratory day.

Fifth, here is information about the schedule for the next two weeks. Athletes are expected to come to practice every day on time and ready to run.

1. Practice began Monday, August 12. Moving forward, we will meet at the school entrance closest to the locker rooms. You must be registered AND have a current physical on file with the Athletic Office in order to begin practice with us.
2. Monday, August 19 – Friday, August 23: afternoon practices from 3pm-5:15pm due to teachers' meetings and school.
3. Saturday, August 24: Team photos at 7am, team time trial, and a parent meeting at 9:30am. There will be a team brunch for the both the boys' and girls' teams and their families. A sign-up link to RSVP for the brunch and to offer to bring a dish to share has been sent out.

Sixth, if you know anyone else that would still like to register, please let them know that it is not too late to join. Please pass on this [registration link](#).

Again, please reach out if you have any questions. Otherwise, I look forward to meeting the parents on August 24 at the parent meeting and I look forward to welcoming the athletes tomorrow at our first practice of the 2024 season.

Beth Morrison
emorrison@geneva304.org