

**Allatoona 2025 Cross Country Informational Meeting  
- Runners & Families-**

Goals for 2025  
Build Upon Consistency  
Be Giant Slayers  
Build/Grow Confidence  
Have Fun & Compete Well

Training  
Remain Consistent=Healthy  
Returning Runners Expanding Your Training  
New Runners Begin Building You Up for Success

Summer Training  
Training Days/Week Remain the Same  
Expanding locations to include Kemp Park &  
Price Park  
Start Date- Mon. June 9 @ 8

In-Season Training  
More Off-Campus due to Construction

Everyone Must Be Able to Adapt

Dues  
Dues will be going up, but not set yet. Will have  
final numbers once we sit down with new BSN  
rep and make budget.

Florida Trip  
Aug. 22-24  
Competing at Kowboy XC at Osceola HS in  
Kissimmee, FL  
Athletes who participate in summer training are  
eligible  
Initial cost is \$450 but will decrease

Car Show  
June 8

Team Communication- Stack Team App

QR Code For Google Form  
\*Must be filled out ASAP\*



QR Code to Sign-Up for XC Stack Team App

