**2023 Georgetown Cross Country Season Check List**

* Get sports physical completed and turned in ASAP
* Complete Final Forms online
* Pay fall sports fee at GHS office
* Clothes and Equipment

1. Buy training/running shoes (required)
2. Buy CC racing spikes (optional)
3. Buy running socks (recommended) Avoid cotton
4. Obtain Digital running watch with stop watch function for practice. GPS watches are helpful but not required
5. Buy yoga mat & stretching rope and bring to every practice

* Join the CC group REMIND to receive important communications, if you are new to CC or you have a new number. (link can be found on gtowncc.com on the contact us page)
* Follow Georgetowncc on Instagram and twitter (@cc\_georgetown)
* Review schedules on gtowncc.com
* New runners: Please read the Georgetown Cross Country Handbook and the Georgetown Jr./Sr. High School Athletic Policy.
* Summer Conditioning (optional) but recommended: starts 6/1/23 for High School runners and 7/10/23 for Jr. High runners.
* First Day of Official Practice 8/1/2023