



# **2025 Team Information**

**Creekview Youth XC Team  
and the  
Creekland Middle School XC Team**

# 2025 Coaching Staff and Contact Information

**Head Coach:** Scott Fath, [sfath@etcmail.com](mailto:sfath@etcmail.com) 404-798-5568

**Team Manager:** Melissa Beuerlein-Fath, [beuerlein.fath@etcmail.com](mailto:beuerlein.fath@etcmail.com) 678-557-3753

## Coaching Staff:

Joe Ball, USATF Registered Coach

Melissa Beuerlein-Fath, USATF Level 1 Coach, USATF Cross Country Specialist

Scott Fath, USATF Level 2 Coach, USATF Cross Country Specialist

Debbie Hendrix, USATF Level 1 Coach, USATF Cross Country Specialist, USATF Official

Charlie McKinney

Steven Owens, USATF Level 1 Coach

Kevin Parker, USATF Level 1 Coach

Jordan Turner, previous NAIA Coach for T&F and Cross Country

All adult coaching staff has passed background screening by USATF and the USATF Safe Sport Training.

## One Program; Two Teams

### Creekview Youth XC Team

The Creekview Youth Cross Country Team is a USATF club team that is open to athletes ages 6 through 18. This team participates in USATF sanctioned meets. See the Creekview Youth XC Team Meet schedule later in this document.

### Creeklane Middle School XC Team

Any athlete in the 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade will be on the Creeklane Middle School Team Cross Country Team. This team participates in Middle School meets that most often follow High School Cross Country meets. MS Athletes also have an option to register for the Youth Championship Season (State, Regions, and Nationals) following the MS season. See the Creeklane Middle School XC Team Meet Schedule later in this document.

## Communication

All team communications are done via Remind

### Creekview Youth XC Team Remind Sign Up:

Download the Remind App, select add a class, and add [creekxc22](#)

Make sure to enable both App notifications & emails to receive all team, as text notifications are disabled

**Website:** [www.creekviewyouthtrack.org/home](http://www.creekviewyouthtrack.org/home)

**Facebook:** Creekview Grizzly Youth Track and XC

## Team Goal

Our mission is to motivate young athletes to aspire to be leaders, have self-discipline, sportsmanship and a sense of community through the sports of track and field and cross country. Our programs are not just about running and athletic conditioning; moreover, it's a training ground where team members are encouraged to master lessons of competition and challenge themselves mentally and physically.

# The Sport of Cross Country

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt, grass, gravel, woodchips, and asphalt. Courses pass through woodlands and open country that include hills and flat ground. Meets are held in weather conditions including rain, sleet, snow, strong wind, and a wide range of temperatures. It is both an individual and a team sport, with team scoring based on the lowest 5 times run by a team member in a race. Each finisher receives a place in the overall results and the top five finishes within a team are added together to form the team score. The team with the lowest score wins.

Cross Country requires personal dedication, motivation, and desire. Great performance is the result of hard work, repetition, patience, adherence to the training plan, and racing acumen. Cross Country gives an athlete a chance to test their own limits and to determine exactly what they are made of. Runners continuously establish their own goals to improve their times and beat their personal records. Cross country is about winning the mental battle and pushing your body to perform at its greatest level. At the end of the day, you are competing against yourself and the clock.

## Race Distance

### Youth Team

8 & under age division: 2K

9-10 age division: 3K

11-12 age division: 3K

13-14 age division: 4K

15-16 age division: 4K in developmental season, 5K in post-season

17-18 age division: 4K in developmental season, 5K in post-season

### Competition Year 2025

Age Division	Year Born
8 & Under	2017-2019*
9-10	2015-2016
11-12	2013-2014
13-14	2011-2012
15-16	2009-2010
17-18	2007-2008**

*\* Athletes must be at least 7 years of age on December 31st of the current year to compete in the National Junior Olympic Championships*

*\*\* Athletes that are 18 are eligible to compete at the National Junior Olympic Championships if they do not turn 19 prior to the start of the meet*

### Middle School Team

2 miles is the standard distance, but some meets could be 3200 meters

# Practice Information

## Summer Practice Schedule

Dates: June 2<sup>nd</sup> through July 6<sup>th</sup>

Time: 6:00pm – 7:30pm

Mon: Creekview Stadium

Wed: Creekview Stadium

Thu: Cherokee Veterans Park

Change to this schedule and the exact meeting location will be communicated via Remind. See **Practice Location Directions** in this document for the directions to the different meeting locations.

## Fall Season Practice Schedule

Begins: July 7<sup>th</sup> (Monday)

Time: 6:00pm – 7:45pm with warm-ups starting at 6pm sharp.

### Normal Location Rotation\*\*

Mon: Etowah River Park

Wed: Cherokee Veterans Park

Thu: Boling Park

Fri: Meet weeks only - Shake out run at Cherokee Veterans Park 6:00-7:00pm

\*Sat/Sun: Optional Grizzly Long Runs (see information at end of this packet before attending)

**\*\*Locations and start time will vary based on daylight, weather conditions, and training objectives. All changes to practice schedule, location, or cancellation of practice will be communicated via Remind**

At all times a parent, guardian, or other adult authorized by the parent or guardian needs to remain present for the full practice time in the event that medical treatment becomes necessary or in case practice ends early due to weather.

## General Practice Information

Hydration is critical and needs to begin two days prior to a practice or a race. A light snack at least 30 minutes prior to the start of practice will allow the body to perform at its best during practice. Dress in layers as temperatures start to cool. You should bring water and a towel or yoga mat to each practice. It is also important to have nutrition within the first 30 minutes after practice. Chocolate milk is an excellent recovery drink that can be consumed directly after practice along with a banana.

Practice starts with a short warm up-run, followed by dynamic/static stretches, a run workout, and closes with stretching and strength/core exercises. Workouts vary throughout the week and are targeted at different muscle groups and cardio development. If you watch practice and see that your athlete is not running their fastest, be sure you understand the workout prior to discussing their performance with your athlete. The run for the day may have been a slow base building run or a lactate threshold run, etc. Our first focus is base building and then we build to start to incorporate strength/hill and speed workouts.

Our coaching staff either runs with the athletes on the course or monitors the course depending on the workout. **Please note, parents cannot run with the athlete during practice for liability and safety reasons. This is a rule mandated by USATF.**

## Practice Attendance

Athletes are not required to attend all practices, although it is strongly encouraged. We do not require you notify us in advance if you cannot attend a practice. We understand that some athletes may have scheduling conflicts during the season or that some athletes may need additional rest between practices

## Practice Location Directions

**Boling Park:** 1200 Marietta Hwy, Canton, GA 30114

You will need to take the main road into Boling Park and proceed all the way to the back. It will dead-end at the running course. Feel free to park in either parking lot. We will meet right inside the entrance to the running course (over the bridge).

**Etowah River Park:** 600 Brown Industrial Pkwy, Canton, GA 30114

We have two different meeting locations based on the training plan for the practice. The meeting location will be sent via Remind and identified as 800 loop or Pavilion.

**Pavilion:** We will meet in the grass field behind the Pavilion at the entrance of the park. Park in the gravel lot to your right as you enter.

**800 loop/Playground:** Park near the playground and bathrooms. We will meet in the large oval grass field bordered by a sidewalk located below the playground.

**Cherokee Veterans Park:** 7345 Cumming Hwy, Canton, GA 30115

We have three different meeting locations based on the training plan for the practice. The meeting location will be sent via Remind and identified as Trailhead, Playground, or Turf Field.

**Tennis Courts:** After entering the park, follow the signs to the tennis courts and trail head. We meet in the grassy field in front of the tennis courts and bathrooms, close to the trail head.

**Playground:** Park near the playground. Facing the playground from the parking lot, we meet in the grassy field to the right of the playground and bathrooms.

**Flag Poles:** Park near the monument. We meet in the grassy field in front of the monument.

## Meet Information

### Meet Registration

The weekend prior to each meet you will receive the meet information and a registration form link via Remind. Please complete this link even if your athlete **will not be** competing, so that we can complete registration accurately. Failure to complete this registration form will result in your athlete not being able to participate in the meet. There will not be any late registrations, changes on meet day, or exceptions.

### Race Starting Times

**Youth:** The meet is held on a rolling schedule, meaning that only the first race has a published start time. Once that race ends, the next begins. If times are listed, they are the "target" start time, meaning they may start earlier or later than published. The first race is typically the 8 and under girls division, followed by the 8 and under boys division and then progresses through the age divisions from youngest to oldest, with the girls race coming before the boys. Course walk through is held prior to the first scheduled race of the day.

**Middle School:** Races start at the published time unless a race earlier in the day goes longer than expected. It varies from meet to meet if the boy's race or girl's race start first.

## Arrival

Make sure you arrive in your uniform. Changing facilities are limited to port-a-potties. If you do not have your uniform, you will not be able to compete.

**Youth:** You should plan to arrive to the meet no less than 1 hour prior to your race to ensure you have time to park, check in at our team tent to receive your bib, attach your bib/timing chips, and warm-up. After finishing your race, you will need to report back to the tent for your coach led cool-down run and stretching.

**Middle School:** All athletes are required to be at the team tent an hour before the first middle school race start time. After finishing your race, you will need to report back to the tent for your coach led cool-down run and stretching. Middle School Team athletes need to stay until both the boys and girls races are completed and the awards ceremony is finished.

**Team Tent:** Our tent is navy and on the top it says Creekview and has the Grizzly head with the word Youth below it. We will also have a Creekview flag to designate the tent. Regardless of the type of meet, Youth or Middle School, parents are encouraged to set up their personal tents with the team.

## What to Bring

Each meet, we will ask for parent volunteer to bring water and snacks for our athletes. Parents may want to bring their own camp chairs, tent, coolers, water, and snacks. Concessions and t-shirt sales are available at some, but not all meets. There is not a spectator charge for the Youth development meets or the USATF Junior Olympic XC meets, but there is an admission charge for all Middle School Team meets.

## Awards

The goal for each athlete is to improve their time which we refer to as a PR (personal record). We also track our past champions, national finalists, and overall club records set for each age division for each event. These are posted on our team website.

**Youth:** During developmental season, medals are presented to the top ten finishers of each race and top two teams in each race. During USATF post season, medals are typically presented to the top 25 finishers of each race and the top 5 teams in the race, all of which also qualify to advance to the next meet. Award ceremonies are held 20-30 minutes at the conclusion of each race and take place while there is another race on the course.

**Middle School:** Generally the top 10 finishers in the boy's race and the girl's race will receive medals. Team awards may go to the top, top 2, or to the top 3 teams. In the Georgia Middle School Championships medals are awarded to the top 25 finishers and the top 4 teams receive trophies.

## Results

Youth Meet results are available once the results are marked final on the Creekview Youth Track Club page located on [www.athletic.net](http://www.athletic.net)

Middle School Meet results are posted on the <https://ga.milesplit.com> meet page and can later be found on both the team page and your athlete profiles.

## Hydration, Nutrition, and Rest

Hydration needs to start two days prior to practices and meets. Athletes should take water bottles to school to ensure they can hydrate throughout the day. Ideally you should consume 50-64 ounces per day based on age. Remember that you wake in the morning already dehydrated, so it is important to drink water the morning of a race. You should avoid milk/dairy the morning of a race or directly prior to practice.

Nutrition is critical for performance, recovery, and muscle growth in the first 30 minutes following practices and races. Chocolate milk and a banana are quick, affordable, and effective recovery snacks that will not disrupt dinner consumption. Chicken and complex carbohydrates are ideal for dinners two days before a race. Eat a light breakfast on race day, but do not consume any food 1.5 to 2 hours prior to a race. In general, steer away from sugar.

Try to get at least 8 hours of sleep the previous two nights prior to a race.

Parents can support their athletes in helping them to achieve their best performance by supervising their diet, hydration, and sleeping habits.

## Shoes

Good running shoes are critical to preventing injuries and protecting developing feet and legs. Worn out tennis shoes and minimalist shoes are not ideal, as our athletes are running more than the average athlete. Big Peach Running located in Alpharetta and Kennesaw will fit your athlete at no additional charge. They also provide discounts for any Creekview Youth XC athlete. Eastbay (online) is also a good source for saving money, if you know what shoe and size you want to purchase.

XC spikes are used only for races. They provide traction and are light weight. They can improve an athlete's performance and prevent injuries due to poor traction. The trade-off is that they offer little support for the developing foot, which is why they should not be used in practice. If you choose to purchase spikes, it will be important for your athlete to wear the spikes just once in a practice to get comfortable running in them. Coordinate with a coach, as to the best practice to try out the spikes. You can also save money on the purchase of spikes by waiting until September, which is well into the High School XC season and prices get discounted.

## Injuries

Cross country runners occasionally experience occasionally experience nagging pains and/or discomfort which happen from time to time for all athletes. **Any pain should be communicated to a coach.** This allows the coaching staff to adjust the workout for athlete if necessary or determine if they need rest.

### Keys to preventing injuries:

1. **Warm-up properly:** Many injuries occur because the athlete's body is not properly prepared for the physical strain it will endure during practice/races. A light warm-up run and dynamic stretches can loosen muscle fibers, allowing blood to flow more freely and prepares you for practice and competition.
2. **Follow your training program given to you by your coach:** Each workout is designed to build upon the one that went before. Altering the workouts hurts recovery time and can prevent continued improvement.
3. **Wear proper footwear and monitor it closely:** Old worn-down shoes are the easiest way to get an injury. Generally, you can get 300 miles out of a pair of shoes, but some athletes wear down shoes faster than others. It is important to monitor the state of your shoes.
4. **Report any injury to the coach.** If you as a parent of the athlete believe that the injury is severe enough to see a doctor, seek medical help promptly.
5. **Create your own ice bath:** Soaking in an ice bath for 8-10 minutes after practice or a meet can reduce inflammation and prevent injuries from occurring. An ideal temperature is between 50-58 degrees.
6. **Stretch after your cool down run.** This includes normal stretching and the use of muscle rollers.

## Required for Participation in the USATF Junior Olympic Cross Country Championship Meets

Participation in the USATF Junior Olympic Championship Season requires a **USATF Membership**. USATF Youth membership is \$25 per year plus service charges and transaction fees

- It is the responsibility of the parent/guardian to purchase and manage memberships for their athlete.
- The parent/guardian creates an account for themselves on [USA Track & Field | Login \(sport80.com\)](https://sport80.com) (this step is free). You do not need to buy a membership for yourself.
- Add your athlete to your account via the "Add New Member" button. Under this option, you can create a new membership or attach an existing membership for your athlete to your account for management purposes.
- You will also need to affiliate/attach your membership to **Creekview Youth Track and Cross Country, #45-0628 in the Membership section.**
- Participation in the USATF Junior Olympic Championship Season also requires **age-verification**
- **Age verification** documents are uploaded by the parent in the **Athlete Verification** section of the athlete profile – **Select Date of Birth Verification** and upload the athlete's birth certificate. Once USATF validates the age verification, it is good for all years moving forward and you will not have to do the Age Verification again

**Renewing an existing USATF Membership** -Memberships can be renewed at [USA Track & Field | Login \(sport80.com\)](https://sport80.com)

## \*Optional - Grizzly Long Runs

Hosted by Coach Scott and Coach Melissa, Grizzly Long Runs is a series of optional distance group runs on the weekend to compliment the current cross country practice schedule for our athletes that are physically ready to add additional mileage into their training schedule and also demonstrate the maturity to be able to run on their own without direct coach supervision.

Runs will typically be between 40 minutes to an hour and half in length and normally occur on Sunday mornings. The location, date, and time of the run will be announced each week via Remind

Please note that this is **not** a team sponsored event, and **you will be always responsible for the direct supervision of your athlete when they join us for a run.** You are encouraged to run or bike during these runs to be able to supervise your athlete. While we start as a group, separation of the group occurs which can leave your athlete on their own for multiple miles.

**While coaches will be participating in the run, they will be running at their own pace, desired distance, desired direction and will not be supervising your athlete.**



# 2025 Creekview Youth XC Team Meet Schedule



Not all 2025 Meet Dates have been released yet – Any Meet in red is showing last year's info

Date	Race	Address	Start Time
9/7/2024	USATF Development Meet 1 Hosted by Alpha Crush Running Club	Milton High School 13025 Birmingham Highway Milton, GA 30004	Saturday Afternoon Course Walk: 12:45 pm 1 <sup>st</sup> Race: 1:30 pm
9/28/2024	USATF Development Meet 2 Hosted by Etowah Youth Track	Boling Park 1200 Marietta Hwy Canton, GA 30114	Saturday Course Walk: 8:15 am 1 <sup>st</sup> Race: 9:00 am
10/26/2024	USATF Development Meet 3 Hosted by Carrollton Parks & Rec	Carrollton Elementary 401 Ben Scott Blvd Carrollton, GA 30117	Saturday Course Walk: 8:15 am 1 <sup>st</sup> Race: 9:00 am
11/9/2024	USATF Development Meet 4 Hosted by Peachtree City Flash	One Church 2130 Redwine Rd Fayetteville, GA 30215	Saturday Course Walk: 8:15 am 1 <sup>st</sup> Race: 9:00 am
11/15/2025	USATF GA Association Cross Country Championships	Carrollton Elementary 401 Ben Scott Blvd Carrollton, GA 30117	Saturday Course Walk: 8:15 am 1 <sup>st</sup> Race: 9:00 am
11/22/2025	USATF Region 4 Cross Country Championships	TBD	Saturday Course Walk: TBD 1 <sup>st</sup> Race: TBD
12/12 & 12/13/2025	USATF National Junior Olympic Cross Country Championships	TBD	Day 1: Course Walk Day 2: Races

# 2025 Creekland Middle School Team Meet Schedule



Date	Race	Address	Distance	Start Time
8/15/2025	10 <sup>th</sup> Annal Hoya 2 Mile Invitational	Allatoona Creek Park 5690 Old Stilesboro Rd, Acworth, GA	2 miles	Friday 7:00 pm Girls 7:30 pm Boys
8/22/2025	Pickens Preview	Roper Park 1826 Refuge Rd Jasper, GA 30143	2 miles	Friday 7:00 pm Girls Open 7:30 pm Boys Open 8:00 pm Girls (10) 8:20 pm Boys (10)
8/30/2025	Hurricane Alley	Dellinger Park 100 Pine Grove Rd, Cartersville, GA 30120	2 miles	Saturday 8:00 am Girls (10) 8:20 am Boys (10) 8:40 am Girls Open 9:10 am Boys Open
9/6/2025	19 <sup>th</sup> Annual Run at the Rock	Woodland High School 800 Old Alabama Rd SE, Cartersville, GA 30120	3000m	Saturday 11:00 am Boys 11:20 am Girls
9/13/2025	Fleet Feet Warpath Invitational	Boling Park 1200 Marietta Highway Canton, GA 30114	2 miles	Saturday 1:45 pm Girls (10) 2:15 pm Boys (10) 2:45 pm Girls Open 3:15 pm Boys Open
9/26/2025	Etowah River Rumble	Boling Park 1200 Marietta Highway Canton, GA 30114	2 miles	Friday 7:00 pm Boys (12) 7:20 pm Girls (12) 7:40 pm Mixed
10/11/2025	Georgia Middle School State XC Championships  <i>Division 4 School</i>	Bleckley County Elementary 470 Georgia Hwy 26 E Cochran, GA 31014	2 miles	Saturday Time TBD - Boys JV Time TBD - Girls JV Time TBD - Boys V (7) Time TBD - Girls V (7)

\*If you are a Creekland Middle School Team member that has opted to also participate in the Youth Championship Season, the championship season begins with the USATF GA Association Championships (see the Youth Meet Schedule).