



WELCOME TO PEACHTREE RIDGE CROSS COUNTRY!!

IMPORTANT DATES AS OF July 9, 2023 (SUBJECT TO CHANGE)

July 11, 2023	Tuesday	Summer Bonding-River Tubing
July 18, 2023	Tuesday	Rain Back up date-River Tubing
July 20, 2023	Thursday	Team Bonding-Flag Football after practice (unless tubing is on 7/18)
August 8th, 2023	Tuesday	Spike Night at Big Peach Running Co. starts at 5pm
August 12, 2023	Saturday	Intrasquad/Time Trials and family picnic & movie at PRHS track. Team dues, travel meet deposit and sponsorships due Limited uniforms will be available for purchase
August 19, 2023	Saturday	Meet: LCA Invite & Loganville Christian Academy
August 22, 2023	Tuesday	Team pictures for yearbook
August 29, 2023	Tuesday	Pasta Dinner (athletes)
August 31, 2023	Thursday	Meet: Flying Biscuit Cafe Invite @ North Oconee HS Balance due-travel meet
September 7-9, 2023	Thurs-Sat	Travel Meet: Gulf Coast Stampede
September 16, 2023	Saturday Hosted by PRHS Volunteers needed day of and two days before	Meet: Gwinnett County Championships @ GA International Horse Park
September 21, 2023	Thursday	Pasta Dinner (athletes)

September 23, 2023	Saturday	Meet: Apple Hawkins Invite @ Apalachee HS
September 30, 2023	Saturday	Meet: Alexander/Asics Invite
October 12, 2023	Thursday	Pasta Dinner (athletes)
October 14, 2023	Saturday	Meet: Coach Wood Invite McIntosh Nature Preserve
October 21, 2023	Saturday Hosted by PRHS Volunteers needed day of and two days before	Meet: Region Championships @ GA International Horse Park
November 1, 2023	Wednesday	Pasta Dinner for Athletes competing in State
November 3-4, 2023	Friday-Saturday	State Championships @ Carrollton Elementary
November 16, 2023	Thursday	End of Season Banquet (athletes and guests)

CONTACT INFORMATION

Coach Matthew Brick- matthew.brick@gcpsk12.org

Coach Deborah Guilbeau - deborah.guilbeau@gcpsk12.org

BOOSTER CLUB CONTACTS:

President: Kim Weeks- presidentprxc@gmail.com

Treasurer: Stacie Toliver- treasurerprxc@gmail.com

Secretary: Megan Boers- secretaryprxc@gmail.com

Vice President: Suzy Bongart

Vice President: Kimberly Blair

Website: peachtreeridgerunning.com

DUES

Dues for the PRHS XC 2023 season are \$300. Dues cover expenses such as meet entry fees, coach bonuses, a spirit wear package, team bonding activities, the end of year banquet, and other team expenses.

Dues include a spirit wear package, but not a uniform. The spirit wear package will include a team t-shirt, a hoodie, sweatpants, and a drawstring "spike" bag. Please turn in the spirit wear form with the sizes filled out. This form will be available at the Time Trials on August 12th.

Sibling discounts are offered. If you have more than one child running, each runner's dues are \$275.

Dues should be paid no later than August 12th (the time trial) and may be paid by Zelle, check, credit card, or cash.

Payment Methods:

Zelle- payment of \$300 may be made anytime using the email address treasurerprxc@gmail.com. Please include your athlete's name in the memo line.

Check- payment of \$300 may be given to Coach Brick, Stacie Toliver (Treasurer), or Kim Weeks (President). Please make check payable to PRXC Booster Club.

Credit card- any credit card payments will include a 3% fee to cover Square fees and may be made only at the time trial on August 12th.

Cash- payment of \$300 may be made only at the time trial on August 12th.

If you have any questions about dues, please reach out to Stacie Toliver at 404-310-5697 or treasurerprxc@gmail.com.

SPONSORSHIPS

Athletes have an opportunity to find team sponsors, which can reduce the amount of dues owed. 30% of the sponsorship will go towards reducing their dues. For example, if your runner finds a business to sponsor the team at the \$300 level, his/her dues would be reduced by \$90.

Please see the attached flyer with sponsorship details.

Sponsorship forms and payments are due no later than August 12th. If you have any questions about sponsorships, please reach out to Stacie Toliver at 404-310-5697 or treasurerprxc@gmail.com.

TRAVEL MEET

This year our team has the opportunity to travel to Pensacola, FL for the Gulf Coast Stampede Meet on September 7th – 9th.

Please see the attached flyer for details.

Cost for the meet is \$250 per runner. A non-refundable \$100 deposit is due no later than August 12th to register for the trip. The balance of \$150 is due by August 31st.

Sibling discounts are not available.

If we do not have at least 30 runners register for the trip by August 12th, it may be canceled and deposits refunded.

Payments by check or Zelle are preferred. Checks may be made payable to PRXC Booster Club and the email for Zelle is treasurerprxc@gmail.com. Please include your athlete's name in the memo line and also include "Pensacola trip".

The XC Booster Club is subsidizing the trip to encourage more runners to attend. Actual cost per runner is closer to \$450. Monies raised at our hosted county and region meets will be used to offset the travel trip costs, so we need everyone's help to make sure they are successful!

If you have any questions about the travel meet, please reach out to Kim Weeks at presidentprxc@gmail.com or 678-938-6401.

UNIFORMS

If you did not have an opportunity to order your runner's uniform in June, the Booster Club will have a limited stock available. These will be available at the time trial on August 12th. Prices below include sales tax. Payment may be made with check (payable to PRXC Booster Club) or credit card (credit cards will incur a 3% fee to cover square charges.)

Costs are:

Tops (Men or Women) \$36

Shorts (Women) \$38

Shorts (Men) \$30

If you have questions about uniforms, please reach out to Megan Boers at secretaryprxc@gmail.com.

TEAM BONDING ACTIVITIES

The Booster Club sponsors many team bonding activities including weekly summer activities, pasta nights during the season, and food/drinks after the Friday early morning practices. Summer activities have included the Breakfast Mile Run, volleyball and popsicles, bagels and card games, flag football, and a fun day rafting down the Chattahoochee river.

SPIKE NIGHT AND BIG PEACH RUNNING DISCOUNTS

Spike night will start at 5:00pm on August 8th at Big Peach Running Co. located at Suwanee Town Center. While Big Peach will always offer discounts to Peachtree Ridge runners, at Spike Night they offer slightly bigger discounts and pizza!

INTRASQUAD/TIME TRIAL & FAMILY PICNIC

All runners and their families are invited to the Intrasquad Time Trial on August 12th. This is an opportunity for runners to log their first individual time. Runners will be divided into two groups for a competition with everyone running a 3200 on the track. The seniors and winning team will be recognized after the 3200. Afterwards, there will be a potluck family picnic at the track and a movie on the jumbotron. For the picnic, the Booster Club will provide a main entree and families will be asked to bring items to share. Details with an RSVP and food assignments will be sent via email and/or talking points.

Throughout the morning, parents and athletes will have an opportunity to pay dues, turn in spirit wear forms, turn in sponsorship forms, pick up and/or buy uniforms (depending on if you ordered in June), pay the deposit for the Pensacola meet, order parent spirit wear, and buy magnets and discounted prior years' spirit wear.

TEAM PICTURES

Team pictures will be taken for the yearbook August 22. Please have your student/athlete wear their uniform. Information on ordering pictures will follow.

2023 XC MEET SCHEDULE

PEACHTREE RIDGE HIGH SCHOOL

2023

SCHEDULE

CROSS COUNTRY

#ThePathToGreatness



RED VS BLUE INTRASQUAD
@ PEACHTREE RIDGE HS

AUG 12

LCA INVITE @ LOGANVILLE
CHRISTIAN ACADEMY

AUG 19

FLYING BISCUIT CAFE INVITE
@ NORTH OCONEE HS

AUG 31

GULF COAST STAMPEDE
@ PENSACOLA, FL

SEPT 9

GWINNETT COUNTY
CHAMPIONSHIP @
GA INTL HORSE PARK

SEPT 16

APPLE HAWKINS @
APALACHEE HS

SEPT 23

ALEXANDER/ASICS INVITE @
CHATTAHOOCHEE HILLS
EVENTING

SEPT 30

COACH WOOD INVITE @
MCINTOSH NATURE
PRESERVE

OCT 14

7A - REGION 7 CHAMPIONSHIP
@ GA INTL HORSE PARK

OCT 21

STATE CHAMPIONSHIP @
CARROLLTON ELEMENTARY SCHOOL

NOV 3-4

■ HOST ■ AWAY

PASTA DINNERS

Periodically we will host pasta dinners a few days before cross country meets- typically one per month. These are fun meals that help the runners carb load and prepare for the upcoming meet. A Signup Genius will be sent out ahead of time to request donations and volunteers for the dinners. All Pasta Dinners will be in the Peachtree Ridge High School Commons at 6:00pm. Items may be dropped off as early as 5:30. The dates for 2023 XC season Pasta Dinners are as follows:

Tuesday August 29, 2023

Thursday September 21, 2023

Thursday October 12, 2023

Wednesday November 1, 2023 (State athletes)

END OF YEAR BANQUET

The End of Year Banquet will be on November 16, 2023 at PRHS Commons and will include a catered meal. We will celebrate the end of the season, show appreciation to our coaches, recognize the accomplishments of our athletes, and recognize our graduating Seniors. Each athlete plus one guest is free (provided that dues were paid) and each additional guest meal is \$10.

GET INVOLVED

The Booster Club coordinates and implements many of the cross country activities, with the exception of athlete training and meet assignments/schedules. Such activities include but are not limited to team bonding activities, pasta dinners, getting tents and team gear to and from meets, organizing snacks/drinks for meets, supporting the coaches, hosting the end of year banquet, planning the travel meet and, of course, hosting the County and Regions meets. We need help for nearly all of these activities. Whether you have a lot of time, or just a little time, we could use your help. Please reach out to one of the officers if you are interested in getting involved. We have a great group of volunteers, coaches and athletes. Helping out is a great way to get to know the rest of the team.