

## **Yorktown Cross Country & Track 2023-2024 Registration Info**

Looking for a fall sports team that's inclusive AND will get you in great shape for other fall sports? Then come out for Cross Country at Yorktown Highschool! Registration is open for rising 9th graders and practice starts on **August 7th**. Your child will need an updated physical to join.

**Registration** - <https://forms.gle/W1R42ES3PwSkGWY16>

### **Physicals:**

Please visit the Yorktown school website for more information about the requirements to participate in sports.

<https://yorktownsports.org/main/adnews/id/55120793>

**VHSL physical form:** [https://bigteams-public-prod.s3.amazonaws.com/library/files/yorktown\\_708/files/VHSL%20Physical%20Form\\_2021%20FINAL.pdf](https://bigteams-public-prod.s3.amazonaws.com/library/files/yorktown_708/files/VHSL%20Physical%20Form_2021%20FINAL.pdf)

### **Communication from coaches - TeamApp**

Our coaches make announcements and communicate on Stack TeamApp.

We find that it is very, very helpful if you as a parent are registered on this app, along with your athlete, so that both parties receive these important messages.

The posts you will see on this app include information about: team registration, practice plans for the week, athlete sign up for meets, pasta dinners/team events, meet recaps, etc.

The team manual will also be posted on this app for your review. This team manual lists our coaches' email addresses if you need to reach out to any of them directly.

Here is how to register for **TeamApp** if you have not already done so (and please make sure that your athlete is also registered separately!):

- Download Stack Team App on your phone or create an account using a web browser

- Once you are on the platform, search for 'YHS - Track / Cross Country' and register as a parent or athlete

Any questions, please feel free to reach out to Emily Stewart, Yorktown Cross Country & Track head coach - [emily.stewart@apsva.us](mailto:emily.stewart@apsva.us)