

**SARASOTA SUNCOAST ACADEMY  
MIDDLE GRADES**

8084 Hawkins Rd.  
Sarasota, FL 34241  
941.924.4242  
www.suncoastacademy.org

**Cross Country (Coed)**



Dear Suncoast Parents,

We are excited to announce that Suncoast will be offering another season of cross country. The season will take place from late September through mid-November. Mrs. Crystal Millikin will be the head coach of the cross country program. As you consider trying out for the team, please know that being a part of the cross country team is a commitment that requires dedication and a willingness to work hard toward improvement. Members of the team will be expected to attend practices and meets.

Tryouts for the cross country team will take place **Monday, September 19th from 3:30-5:00 on campus at Suncoast Academy (8084 Hawkins Rd. Sarasota, Fl. 34241).** We will be meeting outside under the middle school tent. Make sure to bring athletic clothes, a water bottle, and running shoes. When tryouts are over, student-athletes will be picked up by the basketball courts near the front of Suncoast Academy. If cuts need to be made, they will be made on September 22nd. This season, practices will take place Monday through Thursday at Suncoast Academy after school until 4:30 pm. Please see the attached schedule to get an idea of when matches will be, but keep in mind that some things may change as the season approaches.

Please look over the information in this packet and **have all the medical forms/Athletic Policy completed and turned in to Coach Hill by September 12th.** All forms must be completed and turned in before students are allowed to try out for the team. Please note, a doctor must complete the "Pre-Participation Physical Evaluation" form included in this packet (no other form will be accepted). Urgent care centers will usually perform the athletic physical for about \$40. Also, a completed Athletic Packet is valid for all sports for the current school year. Please just turn in a new signed Athletic Policies form for each additional sport. **All students who make the team are responsible for a \$50 participation fee.**

We are looking forward to a great cross country season at Suncoast!

Included in this packet:

- Cross country meet schedule
- Practice Calendar
- Suncoast Athletic Policies
- 2023-24 Middle School Athletic Packet

Sincerely,

Michelle Hill

*Michelle Hill*

Suncoast Academy Athletic Director

michelle.hill@suncoastacademy.org

# October

# 2023

## Suncoast Academy Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Professional Day	17	18 PCS Away (on campus)	19	20	21
22	23	24	25 SLA Away (Legacy Park, 395 E Venice Ave, Venice, FL)	26	27	28
29	30	31				

# November

# 2023

## Suncoast Academy Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ISNM Buffalo Creek AWAY	2	3	4
5	6	7	8 SSAS- Lido Beach AWAY	9	10	11 Veterans Day
12	13	14	15 Englewood Sports Complex AWAY	16	17	18
19	20 Break	21 Break	22 Break	23 Thanksgiving Day	24 Break	25
26	27	28	29 Sarasota Suncoast Academy (On Campus)	30		

# December

2023

## Suncoast Academy Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 FSCL Championship hosted by RMA at Tom Bennett Park	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25 <b>Break</b>	26 <b>Break</b>	27 <b>Break</b>	28 <b>Break</b>	29 <b>Break</b>	30



## Sarasota Suncoast Academy Cross Country Schedule

2023-2024

<b>Date</b>	<b>Opponent/Location</b>	<b>Time</b>
October 18	Palmetto Charter School 1601 17th St. W. Bradenton, Fl.	4:00pm
October 25	Sarasota Leadership Academy 3101 Bethel Ln. Sarasota, Fl.	4:00pm
November 1	ISNM Buffalo Creek	4:00pm
November 8	Sarasota School of Arts and Sciences Lido Beach	4:00pm
November 15	Englewood Sports Complex	4:00pm
November 29	Sarasota Suncoast Academy HOME	4:00pm
December 6	FSCL Championship Rowlett Middle Academy Tom Bennett Park	4:00pm