



Sprayberry Junior Jackets Cross Country Club

Looking for Runners who are interested in Joining the 2026 Sprayberry Junior Jackets Cross Country Club!

If you love to run and want to get in better physical condition, the Sprayberry Junior Jackets WANT YOU!

The Club is open to both Boys and Girls in 6th, 7th and 8th Grade

(I will also look at 4th and 5th graders on a case by case basis)

Your child does not have to plan on attending Sprayberry High School to join this club!

(We have had runners from this program runner for seven other Cobb High schools)

1) Cross Country Basics

The 2026 Cross Country season runs from August 3rd to October 24th. We compete in 8 to 9 Cross Country Meets during the season. Team dues for the season are \$180 per runner, which pays for a Team Shirt, meet entry fees and an end of season Banquet, including awards. Discount of \$50 is applied if a household has multiple runners. Middle School Cross Country meets for boys and girls are 2 miles in distance. Cross Country training is a great way to get and stay in shape for other sports that occur in the spring including basketball, baseball, la cross, soccer, wrestling, and swimming. We will have a parent meeting the first week of August to sign up your runner.

2) Practices

We practice three days per week. (Mondays, Wednesdays and Thursdays (6PM to 7:45PM). Parents must provide transportation to practices and meets. If that is not possible you will have to make other arrangements to get your child to practices and meets. Practice will typically be at the Sprayberry High School track, but we do run at other locations occasionally for practices including Kennesaw Mountain, Harrison Tennis Park, and McCleskey Middle School.

3) Meets

Parents must provide their own transportation to meets. A meet schedule will be given to you at the beginning of the season. Our team will compete in Cross Country meets against other Middle School Programs in the Atlanta Metro Area. Meets are usually on Saturdays in the mornings or early afternoon. We could possibly have meets on Friday evenings, though this is rare.

4) Equipment

Your child will only need a pair of running shoes to join the program. (Good running shoes can range from \$70 to \$130, but the shoes should be designed specifically for running). Uniforms will be provided, but are the property of Sprayberry High School and must be returned at the end of the season. We do this to keep your costs down by you not having to purchase a uniform every season. You are responsible for replacing the uniform if it becomes lost or damaged.

5) About the coaches

My name is Todd Flentje, and I have worked for Cobb County Schools at LaBelle Elementary as a P.E. Para for 13 yrs. I have 21 total years coaching experience with youth in running, soccer. and baseball. This is the tenth season of our Cross Country Program which I founded in 2016. Our other Coach, Heather Lewis has coached with me for the past 6 years. She also works for Cobb County Schools and is the Assistant Coach for the Sprayberry High School Cross Country program.

Please Call or E-mail me with any questions: Todd Flentje Cell 404-394-3011 or e-mail todd.flentje@cobbk12.org