

PARENT MEETING:

Thanks to booster parents!

1. Intro

a. Our purpose on this team is to strive for EXCELLENCE regardless of outcomes, win/loss etc. *Learning* from highs and lows of training and competing together on this team and, as a result, becoming better people in the end is the true measurement of success in my mind. Remember to represent our school/team with class!

b. Coaches- Coach Ness, Coach Gramer and myself love running but we do this for the student athletes! They are the reason why we coach! I am blessed to coach with two wonderful people.

Thanks so all you parents! I really mean that. You are your son's/daughter's biggest supporter! Thanks to the Booster parents- You're amazing; we wouldn't be able to do the things we do without you. We are so grateful for you. Thanks to Sara Palodichuk- she's been incredible with support, guidance and extras this year. for our team.

2. Practice routine

a. Thanks for transporting your sons and daughters to practice! Schedule and calendars are online.

b. Absences- a message to coaches is required. The best way to contact us is through Remind or directly email (my goal is to reply in 48 hours. I do receive a lot of emails so if I don't, please send a message again. Thank you. We expect you to be at all practices but we understand things happen. Please be in good communication.

c. If there is a Dr note stating a runner may not return for a specific amount of times, we cannot overrule that if a student feels better beforehand.

d. Tardy—be on time. If tardy, run to our team meeting.

e. MEA—most of the team is done by time this school break (the SEC meet is the last meet with a JV race). If runners qualify for the section meet (9 runners will be on the roster), they are absolutely required to be at 2 of the 3 practices. We expect all 3 but we understand things get scheduled. We only have a few practices between this long weekend and the 3AA meet.

3. Safety-

a. When running on roads, we face traffic. Make eye contact with drivers when crossing streets at stop signs. We only cross at lights, signs etc. We almost always run on paths. We also do hill repeat workouts and intervals in fields.

b. We “funnel” for community out using the paths.

c. Check in on attendance boards when runners return.

4. Meets-

a. Scoring- 5 score with their places. 2 can displace other teams' scores. Hence, Varsity is 7 runners. Most meets, until the post season, accept 10 runners in the V race. Meets take us a very long time to enter and entries are usually due a week ahead of time.

- b. Routine for meets- warm up with groups 50- 60 min before race time. Cool down run afterwards. Cheer on others. Ride the bus home but you can ride with ONLY your own parents afterwards as long as they sign their son/daughter out.
- c. Lettering- We don't over emphasize lettering but it is a varsity letter. Attendance, volunteerism etc are a part of it but also letter points must be scored. Upper JV can still score these 'points' by running corresponding V times. Please see our website. These will be adjusted to reflect fewer meets- (so far one less).

5. Health-

- a. Injury, pain, soreness issues
- b. Amazing physiological change that occurs with running—in muscles, connective tissue and bone density.
- c. Food- healthy choices, protein, green veggies etc. Iron...
- d. Hydration- water, some sports drinks in moderation but high volumes of water should be consumed.

6. Prioritizing time-

- a. Priority is – Faith and family, schoolwork and then cross country.
- b. Having said that (above priority) please economize your time, make good choices with homework and studying. If you're not feeling well, communicate, don't sit in cold stands at football games but rest. Take care of yourself. Again, please don't procrastinate with homework. Please be wise with good time management. Communicate!
- c. Sleep importance.

7. Boosters

- a. Greatest group of parent boosters are in XC!
 - b. Please get involved in some way. Understandable, schedules vary—there is an opt out fee.
 - c. Twin Cities Marathon
8. Meets, banquet etc.

9. Parent questions-