

# 2021 MCHS XC PARENT TEAM MEETING AGENDA

## Wed, 8/18 5:30 - 6:45 PM (MCHS Track / West Bleachers)



### COACHES/TEAM PARENT AND TEAM SUPPORT INTRODUCTIONS

**EXPECATIONS:** 1) Show-Up 2) Work Hard/Have Fun 3) Be A ~~Good~~ Great Teammate/Leader! 4) Be Humble

**COMMITMENT:** Need to make all practices/competitions and communicate (text/to Greg) exceptions

- Attendance:** After 7 unexcused absences throughout the season, athlete will be removed from roster!
- Grades:** GPAs < 2.50 will have to fill out a green slip to practice/compete, GPAs < 2:00 can't compete!

**ROSTER:** Is limited to the first 75 who make the Time Trial Fitness Standard; everyone must "EARN" their racing jersey to compete! (3200m Standard: Boys = 14:00, Girls = 16:30, LAST TIME TRIAL = Friday, 9/10/21)

**COMPETITION SCHEDULE AND OVERVIEW OF OUR PROGRAM:** Scoring + Divisions (JV, Varsity and Frosh-Soph) and roster selection; JV 14 wks season/Varsity 16 wks. Also, brief history of MCHS XC Program!

**LITTLE THINGS THAT MAKE OUR PROGRAM SPECIAL!** ...R.O.W. recognition, PR socks, Ohana Nights, travel opportunities deeper into the roster, varsity honors deeper into the roster, robust training approach, MCHS XC team culture is well established but, it doesn't happen without Parent support/engagement!

**...Newsflash: OUR SPORT IS HARD!**

- What to do when (not if) your son/daughter complains of soreness or injury (know the difference)
- Refer local Sports Medicine Professionals; for treatment/prevention of running injuries; respect the process of injury prevention, management and recovery (a good Sports Dr. to help, avoid self-diagnosis!)
- The RIGHT SHOES / NOT TIRED SHOES ( $\geq$  350-400 miles) are very, very important, also a watch!

**GEAR (LEANNE):** NB Store: team jacket + team warm-up shirt + shorts (MCHS provides race jerseys)

**COMMUNICATION (LEANNE):** Team website: [www.mariacarrillorun.com](http://www.mariacarrillorun.com) and IMPORTANT: sign-up for Text Remind messages: 1) Enter this phone #: 81010, 2) Enter this as the message: @mchsxc2021, 3) Hit send.

**FUNDRAISING (DANA):** Asking everyone for \$100 donation + participate in upcoming activities next 2 wks!

- 12 Hr. Run-A-Thon fundraiser, clean-up this Saturday, 8/21/19, Noon-Midnight
- Volunteers for Santa Rosa 5K, 10K on Saturday, 8/28/21 and ½ and Full Marathon on Sunday, 8/29/21

**PARENT PERSPECTIVE (Donohue's/Kapustka's):** Ask how to help/encourage your child athlete! -Cross Country is one of the toughest sports to do AND your child gets very clear/objective feedback on their performance and how to improve! Try to understand the purpose behind our training; workouts/pacing guidelines are customized for every athlete, stats maintained throughout the season. Please encourage your child to talk to the Coaches!

**CROSS TRAINING (GREG):** Our goal is to develop "balanced" athletes (it's not all about running!); we will do strength/core training/stability training at 2-3 times/week throughout the entire season!

## QUESTIONS?