

WESLEYAN

Middle School Cross Country

☐ Organization

- o Set a meeting on your schedule to discuss XC with 6th, 7th, and 8th graders on the first day of school

☐ Parent Communication

- o Ask Holly Villa to be your team mom again this year, and let her handle all parent communication
- o Send her an update each week to cut down on emails from parents

☐ Meet Day

☐ Practice

- o Dynamic Warmup/Static Cool Down (separate boys and girls)
- o Time Trial the first week to determine co-ed running groups
- o Give time standards for kids to hit on interval training days
- o Athletes change clothes in Yancey (give them a walk-through on the first day of practice)
- o Core Workouts Two Days A Week
- o FUN FRIDAY!
- o Parents Pickup Kids in LS Carpool

☐ Uniforms

- o Get these from Dean Jackson

Things Chad is Doing

- ☐ Ordering Awards
- ☐ Ordering Port-O-Johns
- ☐ Making the Schedule
- ☐ Organizing Transportation
- ☐ Schedule on the Website
- ☐ Putting in Facilities Requests for Home Meets