

## XC Parent Meeting Agenda

**Start:** June 8th Summer practices start, cost is \$85, (T-shirt will be included). Please pay before the first day of practice. You will pay online at [jordandistrictpay.com](http://jordandistrictpay.com). Everyone needs to pay and fill out the online summer registration or you will not be allowed to practice. The link is on the blog and the Eligibility Page.

**Team Goals:** *Help High School athletes learn to do hard things and become good runners, and develop a love for the lifelong sport of running. Win Region and State Championships with both Boys and Girls!*

**Practice Expectations:** Monday- Friday 7:00 a.m.-9:00 a.m. during summer, and is very important. How well you do during the season will mostly be based on how well you train during the summer. Training should be a consistent daily routine, whether you are at practice or gone somewhere else for a few days. Don't ever take a vacation from your training!

Once we are in season and the school year starts, practice will be 3:25-5:25 p.m., and will be mandatory.

**Other Expectations:** *Log training, email and report training to coaches weekly, run mileage requirements, and complete all Eligibility before **July 31st**.*

We would like everyone to create a personal strava account and make it private. We do not want other high school athletes following you for multiple reasons. This should be kept primarily for teammates and coaches and not be used as a social media account for likes, follows, and kudos. Log your mileage every day!

**Eligibility:** [registermyathlete.com](http://registermyathlete.com). Create an account and complete athlete info and signatures. Upload current Physical and 4<sup>th</sup> Quarter Report Card. If you have done this for another sport already then login and click on start new registration. Please have everything ready for tryouts ASAP and not later than July 31.

**Summer Mileage Expectations: From June 8-August 8 (10 weeks)**

*Varsity Boys: 450 miles minimum*

*Varsity Girls/JV Boys: 350 miles minimum*

*JV Girls: 270 miles minimum*

*Rookies: 250 miles minimum*

## **Season Fees, Uniforms, Team Gear, Spirit Pack Items:**

Uniform cost is \$90, and athletes will keep it. The season participation fee will be \$125. These fees will not be put on until Time Trials and Eligibility is complete and “ready for tryouts”.

\$150-\$250 for Team Gear, this will be paid on skyward once the order has been placed. Additional items can be purchased as well, and this will be done on the online store.

Good training shoes, and spikes for racing, (purchase on your own), preferably from a running store where they can help figure out the type of shoe needed for gate and foot strike. Good training shoes, that are right for you, are the most important piece of equipment needed for runners.

**Team Dinners and Parent Email:** Deborah Bracken is our super mom in charge of scheduling team dinners and snacks. Contact her at: [thebrackenfamily@gmail.com](mailto:thebrackenfamily@gmail.com)

### **Contact:**

Head Coach - James Barnes at [james.barnes@jordandistrict.org](mailto:james.barnes@jordandistrict.org)

Assistant Coach - Levi Wolfley - [levi.wolfley@jordandistrict.org](mailto:levi.wolfley@jordandistrict.org)

Assistant Coach - Bryan Peterson - [bryan.peterson8295@gmail.com](mailto:bryan.peterson8295@gmail.com)

Assistant Coach - Natalie Packer - [natalie.snow.palmer@gmail.com](mailto:natalie.snow.palmer@gmail.com)

The season schedule will be found on the Schedule and Results page of the blog.

Dates this summer to put on the calendar:

June 6- Utah Valley Marathon Aide Station 19.4 (We need 15-18 athletes to help)

June 8 - Summer XC Practices Start

June 11-13 - Utah Summer Games [Track and Field](#)

June 29 - July 5- UHSAA Moratorium

August 1 - Time Trials@?

August 3 - XC Season Officially Starts

August 3-5 - Summer XC Camp

Check out: [sentinelxc.blogspot.com](http://sentinelxc.blogspot.com) for weekly schedules and info