XC Parent Meeting Agenda

Start: June 9th Summer practices start, cost is \$85, (T-shirt will be included). Pay before the first day of practice. You will pay online at jordandistrictpay.com. Everyone needs to pay and fill out the form B online with the payment or you will not be allowed to practice. The link is currently on the blog.

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, 3:25-5:25 p.m. during the school year. Once we are in season practice is mandatory.

Other Expectations: Log training, email and report training to coaches weekly, run mileage requirements, and complete all Eligibility before August 1st.

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: registermyatlete.com

Create an account and complete athlete info and signatures, and upload a Birth Certificate. Upload current Physical and 4th Quarter Report Card. If you have done this for another sport already then login and click on start new registration.

Summer Mileage Requirement: From June 9-August 9 (9 weeks)

JV Girls: 300 miles minimum - Mileage Goal

Varsity Girls /JV Boys: 350 miles minimum - Mileage Goal

Varsity Boys: 450 miles minimum - Mileage Goal

Season Fees, Uniforms, Spirit Packs:

Usually \$85 for a uniform they will keep and \$100 Jordan District participation fee \$150-\$170 for Spirit Packs *Optional* but highly recommended, additional items can be purchased as well. This will be done on the online store.

Good training shoes and spikes for racing (purchase on your own)

Team Dinners and Parent Email: ???

Head Coach- James Barnes at james.barnes@jordandistrict.org Assistant Coach- Levi Wolfley at levi.wolfley@jordandistrict.org Assistant Coach- Bryan Peterson at bryan.peterson8295@gmail.com

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

May 21 - Athlete Parent Meeting @ MRHS Lecture Hall

May 22 - Summer Training Starts

June 9th – XC Summer Practice Starts

June 30-July 6 – UHSAA Moratorium (No practices allowed)

August 4-6 - XC Team Camp @ TBA

August 9th - Team Time Trials 8am

August 14 - Park City Twilight @ Quinn's Junction 5pm

August 16 - Freber Classic @ Fremont High 8am

August 20 - Pre-Region @ Cottonwood Complex 7pm

August 23 - UIAAA @ Spanish Fork Sports Complex 8am

August 29 - Timpanogos Invite @ Lakeside Park in Orem 9am

September 5 - Park City Invite?

September 9 - Sanpete Classic @ Skyline Golf Course Fairview 3pm

September 13 - Border Wars @ TBA

September 18 - Deseret Peak Invite @ Stansbury Golf Course 3pm

September 29 - Twinight Invite @ Art Dye Park in AF

October 1 or 15 – Region Championships @ Cottonwood Complex 2pm

October 14 - Divisionals @ Lakeside Park in Orem???

October 29 – State Championships @ Sugarhouse Park

Check out: *sentinelxc.blogspot.com* for weekly schedules and info https://mrhssentinels.org/

