

Parent Meeting

Agenda for Tuesday, February 2, 2016 at 7:00 PM in the Student Union at Dublin High School

On **Tuesday, February 2nd** the Dublin High School Track & Field coaching staff will hold a parent meeting following the conclusion of the Spring Sport Parent Meeting for about 45 minutes. We strongly encourage parents to take this opportunity to meet our staff and learn about our program.

1. Introduction of the Coaches

- Kevin Craddock (hurdles)
- Jesus Jimenez (hurdles)
- Patrick Kleinow (distances)
- Benjamin Lee (sprints)
- Lenard Matthews (jumps)
- Megan McFarland (throws)
- Uche Oniah (throws)
- Ke'Nyia Richardson (jumps)
- Peter Scarpelli (sprints)
- Kevin Stange (pole vault)
- Abigail Sweeney (hurdles)
- Lenni Velez (director of operations)
- Chris Williams (head coach)

2. Supporting the Athlete

- Equipment – importance of proper training shoes
- Nutrition & sleep
- Training Philosophy: Event selection, periodization, athlete specific, and quality vs. quantity
- Injuries & Dublin High School's on-site trainer

3. Parent Support

- Facilitate athlete independence, self-discipline and taking responsibility for themselves
- Volunteer to officiate at home meets
- Team dinners

4. The team web site: www.dublincrosscountry.com

- Comprehensive resource
- Communication tool
- Race performances & pictures

5. Schedule

- Practice calendar
- Race schedule
- SATs & ACTs
- Awards Banquet: Wednesday, June 1st at 5:00 PM in TBA

6. Mission of the Program

- Learn track & field rules, event techniques, and training principles
- Improvement on individual & team levels

7. Rules of Participation

- Online registration
- Athletic "Fair Share" Donation
- Team Rules
 - Spring Break & competition attendance/notification of absences
- Letter Requirements
- Team Gear

8. Items from the Floor