

2012 MCHS XC PARENT TEAM MEETING AGENDA

Wednesday, 8/22/12 starting 5:30 PM (MCHS West Bleachers)

Welcome / Introduction

Greg: -Introduce our Coaching Staff + MCHS XC Team Philosophy

What to expect during the 2012 season (1 Hour)

Greg: -Athlete Expectations: 1) Show Up, 2) Work Hard/Have Fun, 3) Be A Good Teammate
-Commitment = Need to make all practices/commitments and communicate any exceptions
-Missing more than 6 events throughout the season = athlete can be removed from roster!
-No Cuts! ...But, every member of our team must “earn” their racing jersey

Greg: 2012 Season Schedule Overview + intro to the extended members of MCHS XC Staff:

- Tahoe Camp (done, but make sure to get it on your schedule for next year!)
- 24 Hour Run-A-Thon fund raiser this Saturday, 8/25 starting at 8AM
 - Jennifer Jensen:** Fund Raising Coordinator
 - Melanie Bartlett:** Provide contact information TODAY to support driving to parks
 - Kristina Gunderson:** Sign-up Pasta Feeds TODAY + End of Season Celebration (TBD)
 - Todd VanDenburg:** Team and individual photos

Ruben:

- Overview of our sport, quirks, acronyms (i.e. PRs) + history of MCHS CROSS COUNTRY!
- Communication during the season: www.mchsrc.blogspot.com

Greg/Ruben/Sheryl: OUR SPORT IS HARD!

- What to do when (not if) your son/daughter complains of soreness or injury
- Refer local Sports Medicine Professionals; good for treatment/prevention of running injuries
- OK for Steve P. to add ~5 minutes; encourage Parents to contact him directly (?)

Greg/Ruben: Helping/encouraging your athlete without obsessing = parent perspective. This is one of the toughest sports to do, but your child will be getting very clear/objective feedback on their performance! -Hope to establish and work towards goals for entire ~80 runner roster!

Ruben/Sheryl: Does your athlete eat right? -Drink enough? -Have the right running gear? -Watches are mandatory for everyone this year + will need solid black shorts. We will also be providing athletes more info on nutrition, the “science” behind our training and PPG (Personalized Pacing Guide) throughout the season. -Please encourage your son/daughter to keep a running log!

Sheryl: Cross Training overview; goal is to develop balanced athletes (it’s not all about running!); two times/week throughout the entire season!

Greg: Parents = we need help; sign up TODAY for MCHS host meets (mark course/assist finish line):

- Tuesday, 10/9** hosting meet at Spring Lake (boat dock) = need 10 people there by 2:45!
- Wednesday, 10/24** hosting meet at MCHS = need 8 people there by 3:00!
- PAC representative; someone to attend monthly Board Meetings (3rd Monday each Month)

...Questions?