

# **FALCON TRACK & FIELD**

## **2012 Parent Meeting**

*AGENDA for Thursday, February 16th, at 5:30pm in the CPHS Library*

On **Thursday, February 16th** the Falcon Track & Field coaching staff will hold a parent meeting following the conclusion of practice at CPHS. We strongly encourage parents to take this opportunity to meet our staff and learn about our program. We will meet in the CPHS Library **for about 30 minutes.**

1. **Introduction of the Coaches:** Tina Pennes (Head Coach), Dave Holland (Pole Vault), Lisa Maake (Throws), Travis Fong (Assistant), Mark Blucher (Distance)
2. **Mission of the Program.**
  - Learn track & field rules, event techniques, and training principles.
  - Develop "championship" lifestyle.
  - Improvement on Individual & Team levels.
  - Earn gratification and satisfaction through commitment and effort.
3. **Rules of Participation.**
  - Athlete Contribution.
  - Practice Attendance & Conduct Expectations.
  - Grades & Citizenship.
  - Uniforms... *WASH IN COLD, HANG DRY IMMEDIATELY!*
  - Required Apparel: team shirts and sweats.
  - Transportation... Rules for transportation to meets.
4. **Parent Support.**
  - Enthusiasm, encouragement, INTEREST.
  - Facilitate athlete independence, self-discipline and taking responsibility for themselves
  - Volunteer to Officiate at Home Meets.**
  - CPHS Snack Shack**
  - Major donations for purchase of specific equipment needs.**
5. **Dealing with the Athlete.**
  - Equipment... **importance of proper training shoes!**
  - Partnership with Fleet Feet Pleasant Hill (New Location) offering **20% off to athletes all season**
  - College Park Night at Fleet Feet Wednesday February 22<sup>nd</sup>  
(discounts, raffles, give-aways, snacks, expert fits)
  - Training Philosophy: Periodization, athlete specific, and QUALITY vs. Quantity.
  - Injuries & rehab. RICE (Rest Ice Compression Elevation)
  - Nutrition, Hydration, Sleep, Grades, Citizenship
6. **The Team Web Site: [www.mdusd.k12.ca.us/collegepark/Track](http://www.mdusd.k12.ca.us/collegepark/Track)**
  - Comprehensive resource.
  - DAILY communication tool.
7. **Banquet Awards Night: Tuesday, May 29th at 5:30pm in Multi-Use Room (cafeteria).**
8. **Items from the Floor.**