

FALCON CROSS COUNTRY

• 2011 Parent Meeting •

*AGENDA for Tuesday, 8-30-10 at 5:30pm
in the CPHS Multi Use Room*

1. **Introduction of the Coaches:** Christina Pennes **Team Parent:**
2. **Mission of the Program.**
 - Learn Fundamentals of Cross Country rules, individual & team racing strategy, and training principles for distance runners.
 - Improvement on Individual & Team Levels.
 - Enjoyment (satisfaction through commitment and effort).
3. **Falcon Cross Country History.**
 - League Champions
 - NCS Champions 2008 Boys, Champions 2009 Boys and Girls, 2010 2nd place Boys and Girls
4. **Rules of Participation.**
 - Athlete Fees Season
 - Registering in XCStats.com as a member of the College Park XC Team
 - Schedule: Avoiding Conflicts (SAT, PSAT, etc.). League Comp/Invites/Post-Season
 - Attendance & Conduct Expectations.
 - Grades (minimum 2.0 gpa)
 - Transportation... Rules for transportation to meets.
 - Uniforms... *WASH IN COLD, HANG DRY IMMEDIATELY. Buy Team T-shirt & Sweats.*
5. **Parent Support.**
 - Enthusiasm, encouragement, INTEREST.
 - Volunteer to Assist at Meets
 - Ed Sias Snack Shack
 - Lafayette Clean Up & Reservoir Run Fundraiser!
 - UMDAF (United Mt. Diablo Athletic Foundation) 5K Run October 9th
 - E-Script!
6. **Dealing with the Athlete.**
 - Equipment... importance of proper training shoes (**Fleet Feet team sponsor 20% off all purchases for the entire season for CPHS Cross Country athletes!**)
September 1st XC Clinic at Fleet Feet (raffles, shoe reps, food, add'l discounts for multiple purchases, etc)
 - Training Philosophy: Periodization, QUALITY vs. Quantity.
 - Injuries & CPHS's On-Site Trainer... keep ice cups in the freezer at home!
6. **Awards Night: "Pot-Luck", Tuesday, November 29th at 5:30pm in Multi-Use Room.**
7. **Items from the Floor.**