

**DUBLIN HIGH SCHOOL
GAELS CROSS COUNTRY 2011
WWW.DUBLINCROSSCOUNTRY.COM**

Parent Meeting

Agenda for Wednesday, August 24 at 7:00 PM in the Sports Complex at Dublin High School

On Wednesday, August 24th the Dublin High School Gaels Cross Country coaching staff will hold a parent meeting following the conclusion of the Fall 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**
 - Chris Williams (Head Coach)
 - Lenni Velez (Assistant Coach)
2. **Mission of the Program**
 - Learn cross country rules, individual and team racing strategy, and training principles for distance runners
 - Improvement on individual and team levels
 - Earn gratification and satisfaction through commitment and effort
3. **Rules of Participation**
 - Athletic Packet
 - Athletic “Fair Share” Donation
 - Team Rules
 - Uniforms – WASH IN COLD, HANG DRY IMMEDIATELY!
 - Mandatory Equipment & Running Shoes
 - Letter Requirements
 - Athlete Fundraiser
 - Team Packet
4. **Schedule**
5. **Parent Support**
 - Facilitate athlete independence, self-discipline and taking responsibility for themselves
 - Volunteer to officiate at home meets, summer runs, running camp, etc.
 - **Homecoming 5k Fun Run – Sunday, October 2, 2011**
 - Parent Transportation Team
 - Photographers
 - Medical Appointments
 - Fundraising
6. **Dealing with the Athlete**
 - Equipment – importance of proper training and racing shoes
 - Training Philosophy: Periodization and quality vs. quantity
 - Injuries & Dublin High School’s on-site trainer Amy Lopez (Room J-22)
 - Nutrition and sleep
7. **The team web site: www.dublincrosscountry.com**
 - Comprehensive resource
 - Communication tool
 - Race performances & pictures
8. **Awards Banquet: Thursday, December 1st at 5:30 PM in the Small Theater**
9. **Items from the Floor**