

**DUBLIN HIGH SCHOOL  
GAELS CROSS COUNTRY 2015  
WWW.DUBLINCROSSCOUNTRY.COM**

## ***Parent Meeting***

*Agenda for Wednesday, August 26, 2015 at 6:00 PM in Room M212 at Dublin High School*

On Wednesday, August 26, 2015, the Dublin High School Gaels Cross Country coaching staff will hold a 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**

- Patrick Kleinow (Assistant Coach)
- Lenni Velez (Director of Operations)
- Chris Williams (Head 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
- Team Package & Team Store

**4. Schedule**

**5. Parent Support (Parent Volunteer Page)**

- Facilitate athlete independence, self-discipline and taking responsibility for themselves
- Snack bar shifts
- Volunteer to drive to invitationals, officiate at meets, off campus runs, etc.
- Photographers
- Medical Appointments

**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
- “SSS”

**7. The team web site: [www.dublincrosscountry.com](http://www.dublincrosscountry.com)**

- Comprehensive resource
- Communication tool (Facebook page!)
- Race performances & pictures

**8. Awards Banquet: Saturday, December 5<sup>th</sup> at 5:00 PM in TBA**

**9. Items from the Floor**