

**DUBLIN HIGH SCHOOL
GAELS CROSS COUNTRY 2012
WWW.DUBLINCROSSCOUNTRY.COM**

Parent Meeting

Agenda for August 29, 2012 at 6:30 PM in the Room J-101 at Dublin High School

On August 29, 2012 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

- Chris Williams (Head Coach)
- Lenni Velez (Assistant Coach)

2. Mission of the Program

- “DEDICATION”
- 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 meets, off campus runs, etc.
- 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
- Nutrition and sleep

7. The team web site: www.dublincrosscountry.com

- Comprehensive resource
- Communication tool
- Race performances & pictures

8. Awards Banquet: Thursday, November 29th at 5:30 PM in TBA

9. Items from the Floor