

## *Parent Meeting*

*Agenda for Tuesday, January 24, 2012 at 7:00 PM in the Cafeteria at Dublin High School*

On **Tuesday, January 24<sup>th</sup>** the Dublin High School Track & Field coaching staff will hold a parent meeting following the conclusion of the Spring 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**

- Aslan Brown (pole vault)
- Ardie Moreland (throws)
- Nicky Sevier (throws)
- Nichole Slavec (throws)
- Aaron Thigpen (sprints)
- Lenni Velez (jumps)
- Chris Williams (head coach)

**2. Mission of the Program**

- Learn track & field rules, event techniques, and training principles
- Improvement on individual & team levels
- “Occupy Dublin Track & Field”

**3. Rules of Participation**

- Team Rules
  - Spring Break & competition attendance
- Athletic “Fair Share” Donation
- Mandatory Equipment
- Letter Requirements
- Team Gear

**4. Schedule**

**5. Parent Support**

- Facilitate athlete independence, self-discipline and taking responsibility for themselves
- Team dinners
- Volunteer to officiate at home meets
- Donations for purchase of specific equipment needs
- SATs & ACTs for Juniors
- Photographers

**6. Dealing with the Athlete**

- Equipment – importance of proper training shoes
- Training Philosophy: Event selection, periodization, athlete specific, 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](http://www.dublincrosscountry.com)**

- Comprehensive resource
- Communication tool
- Race performances & pictures

**8. Awards Banquet: Wednesday, May 30<sup>th</sup> at 5:00 PM in the Small Theater**

**9. Items from the Floor**