



May 28, 2014

XC TEAM MEETING

1. Schedule – check online:

- Team Google calendar: <http://www.ManateeCrossCountry.com>
- Most of the 2014 meet schedule is already on our team calendar
- Please check online or with Guidance now for SAT, ACT, and PSAT dates that might conflict w/meets
- Homecoming dance & game dates?

2. Team trips:

- Need ideas/suggestions for activities you would like to do this season
- The plan is to do one full team activity after one of our meets on a Saturday but we would also like to add in a few smaller, less expensive extra fun team activities as our schedule permits.

3. Fundraisers:

- Canes Classic 5K & 1K on Labor Day is our main team fundraiser. Each one of you needs to bring in at least one sponsor for this event.**
- Selling MHS removable, reusable decals. \$6 each or 2 for \$10. These may be sold at any MHS athletic event, anywhere on campus, and anywhere around town. We have the following designs: Manatee Hurricanes & MHS Baseball, Basketball, Cross Country, Football, Soccer, Track & Field. Location ideas to sell decals: Publix on 75th & Manatee, Publix on 39th & Manatee, Crowders, etc.
- Other fundraiser ideas that you would like to do – the money we raise determines what we can do for team activities so it all depends on you!

4. Recruiting:

- This is all up to you! Be creative - hanging posters around school, talking to students during school in the hallway or P.E. classes, etc.
- Would like to go to King Middle and Sugg Middle during lunch – please get parental permission to leave school to do this – need 4-6 people for King and 3-4 people for Sugg
- Freshman orientation is most likely Thursday, 8/14 in the evening – need 8 people to work at this

5. Goals:

- You can't go through the season without a goal & a plan to reach that goal or it will be meaningless.
- Think about what you want to get out of this season and how hard you are willing to work.
- Think about what you want to achieve personally and what you want to work towards as a team.
- Whatever you want to achieve during XC season will be made possible in May, June, and July...**

6. Summer Training:

- Is a must!!!** If you do not train over summer, you will not succeed in Cross Country. You might get by and make it through the season, but I know you want more than to just be average. I know you want to do better than you did last year!
- Starting this week and ending Sunday, August 10 (the day before official practice starts), you have 11 weeks of summer training.
- Mileage goals: 1st year on team – 200 miles (18 miles per week), 2nd year on team – 300 miles (27 miles per week), 3rd year on team – 400 miles (36 miles per week), 4th year on team – 500 miles (45 miles per week)
- I will post a training log to record your workouts, summer training schedule to follow, and a calendar of group runs on our team site (<http://www.ManateeCrossCountry.com>) this weekend. The sooner you start, the easier it will be to reach your goals.
- Summer mile club shirts will be awarded to those who reach their goals.
- If you are not already a Suncoast Striders member, I highly recommend joining (<http://www.SuncoastStriders.com>). It is not required but there are many benefits to belonging to and working out with a running and walking club.