



August 21, 2014

## XC TEAM & PARENT MEETING

### 1. Team Expectations:

- a. Rather than a whole list of team rules...since rules are meant to be broken, we have team expectations this year to keep it simple.
- b. Be at practice every day and complete the workouts in order to travel to and participate in the xc meets. No practice on Wednesdays so that is the day to schedule dentist, orthodontist, doctor, driver license, etc. appointments as well as a day to work, volunteer, tutor or get tutoring, catch up on homework and group projects, or catch up on sleep! If you absolutely have to miss a Mon, Tue, Thu, or Fri practice, then you can make it up with Coach Rae Ann at 6:00 p.m. at Green Bridge on Mon & Thu or 6:00 p.m. at MHS track on Tue.
- c. Be respectful of teammates, parents, coaches, and competitors and their belongings. For example, if you see a teammate's cell phone lying out in the open at a meet or practice, put it in his/her bag or remind them to. Have each other's backs! Please do not bring valuables to meets. You can be friends with a runner (teammate or on another team) and still be competitive with them during the race.
- d. Keep your grades up! We will be checking.
- e. Fuel your bodies with nutritious food and adequate amounts of water, juice, and sports drinks. You must hydrate all day long starting with 8-12 oz. of cold water as soon as you wake up every morning. You can prevent headaches, lightheadedness, nausea, and struggling in practice by hydrating all day long and eating breakfast, snack, lunch, snack, and dinner. Your body needs fuel! Carbs + protein within 30 minutes of practice ending will result in a quicker recovery.

### 2. Paperwork:

- a. All paperwork must be turned in to compete in a meet and be issued a uniform. This includes \$50 try-out fee. All paperwork due Friday, 8/22.
- b. Team fee is \$100 or 2 Canes Classic sponsors. This can be turned in after 8/22.
- c. Please ask if you have questions about team fee or paperwork.

### 3. Fundraisers:

- a. **Canes Classic** is our main team fundraiser – all team members will work the event on Labor Day, 9/1 as well as help with set up and clean up.
  - i. **Need committee of 4-6 parents with one chairperson to oversee donations of food and drink:**
    1. What we need:
      - a. 200 bananas (NEVER cut – always served whole)
      - b. 200 apples
      - c. 200 oranges
      - d. 200-300 bagels (these can be cut if necessary): Panera will donate bakery items at end of day – set up this pick up in advance with store manager; pick up Fri, Sat, and/or Sun nights prior to 9/1 race day; 2 locations: Cortez & 41 in Bradenton and University Parkway & Tuttle in Sarasota
      - e. 300-400 Jif to Go single serving peanut butter
      - f. 200-300 granola bars
    - ii. Donations can be the actual food items or gift cards from grocery stores that can be used to purchase the items we need.
  - b. We have other small fundraisers, but the Canes Classic is how we make most of our money to pay for all of our team expenses. If we do not make enough money on sponsorships, we may have to cut back on the number of meets we attend (cut out the more expensive ones) and cut back on the “goodies” that you get to keep (team shirts, sweatshirts, bottles, bags, etc.). Please help us make the Canes Classic a success!

### 4. Communication:

- a. You must communicate with your coach! If you are missing practices or meets and the coach does not know why or where you are, you may be removed from the team.
- b. Let us know about injuries and aches and pains so we can address them before they become something more serious.

### 5. Team website:

- a. <http://www.ManateeCrossCountry.com>

- b. All team details are on there, including how to contact your coach.
- c. Team Google calendar contains all practices, meets, meetings, etc. Please check this daily or at least every other day so you know when and where we are supposed to be. If you click on the name of the event it will open up to show the times (please be picked up on time from practice as the coaches must leave on time for other commitments), locations, what to bring, etc.
- d. Team handbook – not updated yet but most of the information from the 2013 handbook will be the same for 2014. Please check it out so you have a general understanding of the sport of cross country and how our team works.