



April 28, 2015

XC TEAM MEETING

1. Schedule – check online:

- Team Google calendar: <http://www.ManateeCrossCountry.com>
- Most of the 2015 meet schedule is already on our team calendar
- Please check with Guidance (or online) now for SAT, ACT, and PSAT dates that might conflict w/meets
 - ACT: September 12, 2015 (no xc meet), October 24, 2015 (District Meet)
 - SAT: Anticipated test dates (not set yet) - October 3, 2015 (our home meet), October 11, 2015, November 7, 2015 (State Meet), November 8, 2015
- 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 two sponsors 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 usually the Thursday night before the first day of school – 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 May 1, 2015 and ending Sunday, August 2, 2015 (the day before official practice starts), you have 13 weeks of summer training.
- Mileage goals: 1st year on team – 200 miles (16 miles per week), 2nd year on team – 300 miles (24 miles per week), 3rd year on team – 400 miles (31 miles per week), 4th year on team – 500 miles (39 miles per week). These figures are based on running the same approximate mileage each week. But we know that we will start with lower mileage and then increase weekly mileage over the course of the 13 weeks.
- 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>) by May 1, 2015. The sooner you start, the easier it will be to reach your goals. **Everyone is required to turn in a summer training log on the first day of official XC practice on Monday, August 3, 2015.**
- Summer mile club shirts will be awarded to those who reach their goals as well as entry to the Disney Cross Country Classic.