

COUAR TRACK & FIELD



2010 Parent Meeting



AGENDA for Thursday, February 18th, at 5:30pm in the CHS Library

On **Thursday, February 18th** the Cougar Track & Field coaching staff will hold a parent meeting following the conclusion of practice at CHS. We strongly encourage parents to take this opportunity to meet our staff and learn about our program. We will meet in the CHS Library **for about 30 minutes.**

1. **Introduction of the Coaches**
2. **Mission of the Program.**
 - Learn track & field rules, event techniques, and training principles.
 - Improvement on Individual & Team levels.
 - Develop "championship" lifestyle.
 - Earn satisfaction through commitment and effort.
3. **Rules of Participation.**
 - Practice Attendance & Conduct Expectations.
 - Grades & Citizenship.
 - Uniforms... *WASH IN COLD, HANG DRY IMMEDIATELY!*
 - Team T-shirts and sweats.
 - Transportation... Rules for transportation to meets.
4. **Parent Support.**
 - Facilitate athlete independence, self-discipline and taking responsibility for themselves.
 - Volunteer to Officiate at Home Meets.**
 - Donations for purchase of specific equipment needs.**
5. **Dealing with the Athlete.**
 - Equipment... **importance of proper training shoes!**
 - Training Philosophy: Periodization, athlete specific, and QUALITY vs. Quantity.
 - Injuries & CHS's On-Site Trainer. Follow through on rehab.
 - Nutrition and sleep.
6. **The Team Web Site: www.campotrack.com**
 - Comprehensive resource.
 - DAILY communication tool.
 - Training and performance log.
7. **Awards Night: Monday, May 31st at 5:30pm in Multi-Use Room (cafeteria).**
8. **Items from the Floor.**