

# **COUGAR CROSS COUNTRY**



## **2009 Parent Meeting**



*AGENDA for Tuesday, September 1st at 5:30pm in the CHS Library*

1. **Introduction of the Coaches:** Chuck Woolridge, Eric Henry
2. **Mission of the Program.**
  - Learn Fundamentals of Cross Country rules, individual & team racing strategy, and training principles for distance runners. Develop “championship” lifestyle.
  - Improvement on Individual & Team Levels.
  - Earn gratification and satisfaction through commitment and effort.
3. **Rules of Participation.**
  - Athlete Fund-Raiser.
  - Attendance & Conduct Expectations.
  - Grades.
  - Transportation... Rules for transportation to meets.
  - Uniforms... *WASH IN COLD, HANG DRY IMMEDIATELY. Buy Team T-shirt & Sweats.*
4. **Parent Support.**
  - Enthusiasm, encouragement, INTEREST.
  - Facilitate athlete independence, self-discipline and taking responsibility for themselves.
  - Volunteer to Officiate at Home Meets.**
5. **Dealing with the Athlete.**
  - Equipment... **importance of proper training shoes!**
  - Training Philosophy: Periodization, QUALITY vs. Quantity.
  - Injuries & CHS's On-Site Trainer... keep ice cups in the freezer at home!
6. **The Team Web Site.**
  - Comprehensive resource.
  - DAILY communication tool.
7. **Awards Night: Tuesday, December 1st at 5:30pm in CHS Cafeteria & Theater.**
8. **Items from the Floor.**