

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.**