

# COUAR TRACK & FIELD



## 2017 Parent Meeting



AGENDA for Tuesday, February 16, at 5:30pm in the CHS MU.

On **Tuesday, February 16** 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 Multi-use room **for about 30 minutes**.

1. **Introduction of the Coaches**

–Joey Woolridge (sprints, hurdles, jumps), Angela Paradise (hurdles), Andy Lindquist (distance), Jeff Thomas (throws), Matt Thomas (throws), Gabe Jay (jumps), Jackie Attiyeh (vault), Chuck Woolridge (head coach)

2. **Mission of the Program.**

–Learn track & field rules, event techniques, and training principles.  
–Improvement.  
–Healthy lifestyle.  
–Satisfaction through commitment and effort.

3. **Rules of Participation.**

–Practice Attendance & Conduct Expectations... yes, even over spring break.  
–Grades & Citizenship.  
–Uniforms... *WASH IN COLD, HANG DRY! Uniforms are team property to be returned.*  
–Other Team Gear: The Athlete's to keep. Put name in these items!  
–Rules for transportation to meets.

4. **Parent Support.**

–Facilitate athlete independence, ownership and self-discipline.  
–Volunteer for 2 positions during the season.  
–Team package "contribution" and fundraising.  
–July 4th Fun Run participation.

5. **Dealing with the Athlete.**

–Equipment... **training shoes, competition shoes, apparel.**  
–Injuries. CHS Trainer. Follow through on rehab.  
–Nutrition and sleep.

6. **[www.campotrack.com](http://www.campotrack.com) & [www.xcstats.com](http://www.xcstats.com)**

–Comprehensive resource.  
–DAILY communication tool.  
–Training and performance log: XCStats.com profile.

7. **Awards Night:** Wednesday, May 31 at 5:30pm in CHS Multi-use room.

8. **Items from the Floor.**