

COUAR TRACK & FIELD



2019 Parent Meeting



AGENDA for Tuesday, January 15, at 5:30pm in the CHS Library.

On **Tuesday, January 15** the Cougar Track & Field coaching staff will hold a parent meeting in the Campolindo library. 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 60 minutes**.

1. Introduction of the Coaches

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

2. Resources

–Team Website: www.campotrack.com
–XCStats.com
–Facebook Group Page
–Twitter

3. Mission of the Program.

–Goals: Individual Improvement & Team Achievement, Understanding & Appreciation for the Sport
–Purpose: Physical, Intellectual, Emotional, Moral Growth

4. Parent Support.

–Volunteering: Minimum 2 positions per family for season.
–Season Contribution: Critical for covering seasonal expenses.
–July 4th Fun Run: Major fundraiser covers major expenses: 140 Hurdles!
–Support Athlete Independence

5. Rules of Participation.

–Attendance: Practice Required; DAL Meets Required; 80% Required to Compete.
–Transportation: Earlier Departure = Bus. Saturdays on your own.
–Release to other than legal guardian requires advanced letter to Principal.
–Practice & Competition Gear: Purchase Team Gear through NB Web Store; Training & Competition Shoes;

6. Training & Recovery

–Preparation, Consistence, Progression.
–Recovery: Sleep; Nutrition; Massage Therapy

7. Competition

–Team First.
–Team Scoring
–Divisions, DAL Standings, Post-Season Advancement
–Athlete Conduct: Goal Setting, Execution, Debrief