

2016 XC Parent Meeting

“Working together to make sure your son/daughter has a positive experience”

Practices and Meets – Every day after school, 3 to 5:15 PM. Meet schedule and results are posted on the website with a link to athletic.net. **The Mt. Carmel XC Invite on 9/16 is a mandatory event for all MC team members.**

Who runs in meets – If kids are working out, we do our best to get them in meets. Injuries/illness and discipline are usually the two biggest reasons athletes do not run in meets.

Leaving Meets Early for other things – Alternative Transportation forms (obtained on the website) must be signed off 24 hours before the meet. You will need to check out your son/daughter with us before leaving. I really want them on the bus if at all possible. **Transportation Donation of \$20**

Club conflicts – Our meets/events take priority – I allow one exception during the season since I require kids to be at our XC Invite.

Road Races during the season – Please do not sign up your runner for meets during the season, even on off weeks.

Reporting Injuries – Kids need to tell us as soon as possible. If they tell you and not us, please email me so I can be aware. We do not want kids to run hurt.

Hydration and Iron – Health Issues to be discussed, Handout on Iron

Communication - If a runner is not at practice I expect to know why, they need to communicate with me. Make your kids communicate with me, not just you, this is a lifelong skill we can teach them.

Website, Facebook, E-mail ----Bigguytf.com, Mt. Carmel Cross Country on Facebook, email is mtcarmeltrack@yahoo.com. Remind is a communication way also.

MC XC Invite and Parents: We need all the help we can get. We are pretty much a program that is 100% fundraised. We never pass up donations. But they never are a condition to your athlete running.

Spaghetti Dinners – At Mt. Carmel right after practice on the days before meets.

Proper Equipment – Get them in good shoes. Places to get shoes.

Mt. Carmel XC – Some goals we try to instill.

That hard work will benefit you in the long run. It takes effort to become more than a average person/runner

Realize that being a part of a team is a special thing and you should try to do your best while on it. Being a part of the team sometimes means making personal sacrifices.

Do things right that take no talent.

Additional Questions?