

FALCONS

CROSS COUNTRY

Pre-Season Meeting

1. Review Final Forms – all items must be submitted before the athlete can practice with the team (only exception is concussion testing)
2. Parent Rep – Monica Boland has volunteered to help with this position again – if there is an underclassman parent who would like to co-rep this year to learn the ropes, it would be greatly appreciated – contact me if interested
3. Important Dates
 - a. Team Pictures (TBD)
 - b. Practice Begins (8/3 – Calendar will be posted on team page with locations)
4. Equipment needs
 - a. Invest in a good pair of shoes (Running Spot/Jack Rabbit, Fleet Feet, Queen City Running)
 - b. Wrist watch with basic start/stop functionality
 - c. Spikes (recommended for meets)
5. Transportation – Parents are generally responsible for getting kids to/from meets
6. GCLC Meet Volunteers – we need everyone’s help – please block this date off on your calendar to help the team run a successful meet
7. Team Expectations – see team web page
8. Social Distancing and Masks – obviously, a hot topic right now – please help your athletes understand the importance of being aware of their surroundings and respecting the distance – especially when not wearing a mask