

2026 MCHS XC PARENT TEAM MEETING AGENDA

Thu, 8/20 5:30 - 6:45 PM (MCHS Track / West Bleachers)



COACHES, ATHLETIC TRAINER AND PARENT SUPPORT INTRODUCTIONS

Rev: Aug 18, 2026

EXPECATIONS: 1) Show-Up 2) Work Hard/Have Fun 3) Be A Great Teammate/Leader! 4) Be Humble

COMMITMENT: Need to make all practices/competitions and communicate (text/to Greg) exceptions

-**Attendance:** After 5 unexcused absences within the season, athletes will be removed from roster!

-**Grades:** GPAs < 2.50 will have to fill out a green slip to practice/compete, GPAs < 2:00 can't compete!

ROSTER: Is limited to the first 75 who make the Time Trial Fitness Standard (2 opportunities during last 2 weeks of Aug); everyone "EARNs" a racing jersey to compete! (3200m Standard: Boys = 14:00, Girls = 16:30).

COMPETITION SCHEDULE AND OVERVIEW OF OUR PROGRAM: Scoring + Divisions (JV, Varsity and Frosh-Soph) and roster selection; JV 13 wks season/Varsity 15 wks. Also, brief history of MCHS XC Program!

LITTLE THINGS THAT MAKE OUR PROGRAM SPECIAL! ROW recognition, PR socks, Ohana Nights, team backpacks, travel opportunities deeper into roster, varsity honors deeper into the roster, robust training approach, MCHS XC team culture is well established but, doesn't happen w/o Parent support/engagement!

GEAR (LEANNE): Team Store: team jacket + team warm-up shirt + shorts (MCHS provides race jerseys)

COMMUNICATION (LEANNE): Always check our team website for info: www.mariacarrillorun.com Also, IMPORTANT to sign-up for **BAND** text messages (instructions on Team website); used extensively throughout the season (i.e. Detailed race day information, updates on other events such as Ohana Nights, etc...)

FUNDRAISING (GREG): Collect today, \$135 Donation Forms + need a commitment from every athlete to sell 4 x \$25 Goodr brand custom MCHS sunglasses. Also changing Run-A-Thon this Sat, 8/22 on the track 4pm – 9pm, MCHS stadium for storage shed clean-up and replacing school record boards for Track/ XC.

PARENT PERSPECTIVE (PARENTS): Ask how to help/encourage your child athlete! -Cross Country is one of the toughest sports to do AND your child gets very clear/objective feedback on their performance and how to improve! Try to understand the purpose behind our training; workouts/pacing guidelines are very individualized, stats maintained throughout the season. Please encourage your child to talk to the Coaches!

INJURY/INJURY PREVENTION: ...Newsflash: OUR SPORT IS HARD!

-See our Athletic Trainer for persistent complaints of soreness or injury (athletes should know the difference). We do exercises for strength, mobility and stability to aid in the prevention of running injuries. A/T can discuss pain management and recovery (please avoid self-diagnosis!)

-The RIGHT SHOES (AND NOT TIRED SHOES > 300-350 miles) are very, very important!

-A RUNNING WATCH, preferably Garmin and knowledge on how to upload workouts to Strava

CROSS TRAINING (GREG): Our goal is to develop very "balanced" athletes (it's not all about running!); we will do strength/core and stability/mobility training at least 2-3 times/week throughout the entire season!

QUESTIONS?