

Introductions: Coaches Neal, Jacob Balot, Skip Johnston, Kari Proffitt, Mike Proffitt, Sports Medicine Director Lauren Brown

Handouts: schedule, season calendar, team info/standards.

Mission: Develop GREAT character, competence, and competitiveness; host GREAT events, **create a Season of Significance**

If sick/ill/not feeling well - stay home (and communicate)!

Preferably, Bring your own water bottle! We have a water source daily.

Parents and non team members, please do not come into the team tent! That's like sitting on a bench in another sport. Please bring an umbrella if necessary.

Responsibility - PLEASE have your child communicate with me!

Transportation: You are welcome to take your child to/from each meet (we just need to know!).

We also need to know if your child will be picked up or dropped off at either Belk (only when going toward Athens) or Toccoa By-Pass BP Gas Station (only when going south toward Atlanta).

Pick up after meets is at the HS! (NOT the MS)

Practice pick up locations: field house (highly congested!) tennis courts (congested), or HS parking lot.

TFS T&F Philosophy – Be GREAT! Fun, Create/Invest/Own, work SMART, Be GREAT. Contribute to a SoS Safety, hydration, recovery techniques handouts and other sources on our website.

Responsibility (school issued items, communicate, team roles, etc)

<https://www.youtube.com/watch?v=RGa5qGj48C4> PLEASE let your child struggle; they will get stronger!

Some of your children will go on to compete in college...most will simply contribute & enjoy, BUT we want them to be **necessary, not just welcome!**

Communication:

Please help by having your child communicate all items with me first (conflicts, missing practice, etc.).

Sunday night "This Week in T&F" letter

To me: text or call me 706-968-9879 (cell) if you need me and it is timely (call if it is between 2:45-6:00).

Email if you want me to remember it.

Health & Safety: We do NOT want athletes competing injured (sore is different). Our statement will be "Just do your best for today. Do NOT practice injured. Do what you CAN. We have LOTS of options for practice, including Echo bikes, ski ergs, rowers, elliptical, pool, and working with Lauren Brown, our ATC.

Ferritin Iron: Our team doctor, Dr. Stuart Sanders allows us to send athletes to test for \$10. We do this about 4 times per year and will try to set one up in the next week or so. This is THE most important initiative I've ever done in my 39 years of coaching.

Team Package

Need before Winter Break! Team package \$60

Do you want any of the items?. \$60 for the package (s/s = \$25, HOODIE = \$45 if purchased separately) - This is our only "fundraiser). If you want one, send your size to Coach Balot jacob.balot@tallulahfalls.org

Optional **Toboggans \$20 Green "Boat" Hats \$25**

NEEDS: Volunteers for...

- 1) Need Team Parent Coordinators
- 2) PowerAde Fridays and for meets (please no red - it stains). MS apx 25, HS apx 50
- 3) Snacks - Kind, Cliff, Lara, even Nutrigrain. Others that lean toward healthier nutrients/less added sugar
 - Buy once, weekly, AYC or donate for the cause
 - Drop off at MS or HS w/ MS or HS T&F sign on it
- 4) **Help at meets:**

MS meets – raking, timing, measuring, implement retrieval, pictures

HS meets - raking, measuring, pictures

Team info and standards are on our web site. We do NOT revise the schedule on the web site!

Renweb alert is used for last minute changes, weather related changes, etc.

Sunday night weekly emails from me. New parents, you have questions...PLEASE ask!

Uniform, apparel worn under should be **black**, when we wear sweats (and take them off),

Wear sweats DAILY to practice (no matter the weather); cold days bring extras!

Shoes – which shoes should your child have? Big Peach Running Company, eastbay.com, final-score.com, anacondasports.com, vsathletics.com, dickpondathletics.com, or firsttothefinish.com or local stores (Dahlongega, Gainesville, mall, etc). The web stores often have discounts. We can also order specialty shoes (throwing shoes, PV, TJ, etc) through Shuma Sports (just let me know)

Important dates:

Mon Feb 6 - Big Peach Running Co Mobile Unit 3-6:30 at natatorium.

Mon Feb 6 - Parent Night 5:45-6:30 at Natatorium

TBD - HS Practice and Service Day 4-7:30

Mon Feb 20 MS/HS Intrasquad informal meet at TFS and Family Food Gathering 4-7:30.at the track and natatorium!

TBD INDIVIDUAL AND TEAM PICS

Questions, questions, questions.... How can I help in communication and efficiency?