

TFS Cross Country Parent Meeting SUMMARY August 10, 2023

Welcome: intro of Coaches Susan Nichols, Ashley Dillingham, Cole Hansen

Be GREAT by XChanging what you might like for what you truly want or need. Sacrifice.

First things first: Who wants to be Team Mom or Team Dad (multiples ok!!) for MS? HS? Coordinator of snacks, PowerAde, home meet volunteers and concession workers, hosting team events or special treats (HS spaghetti dinner, cookouts, watermelons, popsicles, ice cream, etc.). Melon Mondays, Tasty Tuesdays, Wacky Wednesdays, Theme Thursdays, Fun Fridays

Safety and Policies - review

- Running safety: Buddy/group system, run against traffic, know the route, ASK!!
 - If lost, stay where you are - we will find you!
- Heat, Humidity, Hydration policy on our website [Click here for the GHSA Heat and Humidity Policy](#) and [Click here for GSHA 5 Tips for Keeping Athletes Safe in Heat](#)
- Lightning Policy (Perry Weather lightning system at stadium & weatherbug app)
- Nfhs.org has a good free on-line concussion video (<http://nfhslearn.com/electiveDetail.aspx?courseID=15000>). IF your child shows signs or symptoms of a concussion, go to this 20min video and watch it - VERY important!
 - NEW GHSA Physical Exam Form REQUIRED to be loaded in TFS Magnus system
 - GHSA concussion form REQUIRED to be signed and in the TFS Magnus health system
 - Sudden Cardiac Arrest form required to be signed and in TFS Magnus health system
 - [Click here for the Sudden Cardiac Death Information Sheet](#)
- Academic Athletic Standards on our website
 - Failing a class multiple weeks ends in removal from the team until passing. https://docs.google.com/document/d/e/2PACX-1vTZ4LP9j0bK2aEjW3VVd-KixTwclEQGDBbiqopwBRngwpLENUbOB7ucVG2bg-p_bMAzK4hP8i1iiNTF/pub
- Parking and Athlete Pick Up
 - Center parking lot below HS academic building or at the track or where we are running
 - Upper road by HS gym and student center is CLOSED after school. PLEASE do NOT pick up your child at the gym or student center (that is reserved for residential life).
- MS pick up at HS parking lot after meets (we always drop off at the upper school - return of tents, etc.) or where we are running/HS after practices
- Recovery methods: see below. Hydration, hydration, hydration https://docs.google.com/document/d/1of-07eIGO_Y37B2s9yIScCMIGY8M7Td5u8BRWiBA_Ts/edit
- **Ferritin iron testing - anecdotal evidence: may be VERY important!**
- **Transportation to/from meets: may go to/from with you. Check out.**
- Sudden Cardiac GHSA Sudden Cardiac Arrest Information - REQUIRED to be entered in TFS Magnus health.

Training Philosophy: Variety. Enjoy the outdoors. FitCore (cardiac output/weakest links). Form/technique/quality. Resilience/fortitude. SMART goals. Overall health. Reason for everything.

Communication – Partners!

- Levels – **student to coach**, parent to coach. PLEASE follow this
- PLEASE have **your child** communicate any conflicts, missing practice, etc. with me!
- Any changes, updates, revisions, delays, cancellations, I will either renweb alert (for that day) or email
- I have a “why” for everything. Just ask.
- How can we better communicate with you?

Why themed meets?

Parent Volunteer Opportunities

TFS Concessions Coordinator: Jasonya Webb jasonya.webb@tallulahfalls.org

2-4 workers each meet - you'll be able to see runners

MS and HS Quadrathlon and FAMILY Cookout Thur Aug 24 - FCA Flipping Flapjacks! Bring your family!

Tue Sept 5 Cookies 'n Quotes XC Festival – What to do? Ideas?

Baking (we will need as many MS and HS parents and athletes to bake cookies - reminder that it is our tradition that we canNOT buy cookies). More info to follow as time gets near. Each runner, coach, and manager receives a decorated bag with their name on it with 3 BAKED cookies and 3 quotes in it. This is part of who we are, our service, our memory making culture. “All hands on deck.”

Snacks needed for all meets as well as a few extra for special practices: Lara Bars, Clif Bars, Skout bars, Honey Stinger waffles, Ally's bars, Rise bars, any type of “healthier” bars, but granola or Nutri Grain bars are ok too. Bottled PowerAde (please try NOT to buy the red color - it stains!) for all meets and for middle school Fridays. Reminder that we are a Coca Cola/PowerAde school, so please do not bring Gatorade. **If you donate Gatorade, I will drink it. It will not be passed out to our kids!**

If you take pictures at any of our activities, please select no more than the best 5-10 and send to brian.carter@tallulahfalls.org. We use these for our facebook page, twitter, and media. Please do not send a boatload because it takes too much time to go through all of them.

Team package: T-shirts (s/s, l/s, gaiter) – apx \$40 **Please pay by next Fri Aug 18 or let me know when you can.** Please contact me if you want a team item or package (\$20 s/s tee, \$25 l/s tee, or \$40 for the required package). Optional items include backpack (Xgrain), tank top, drawstring bag (Shuma Sports).

Lettering criteria is on the website under the student parent handbook.

https://docs.google.com/document/d/e/2PACX-1vRlb_keMMIzOKnROpkrv56LMXcZVCqcUK915XhK_o_AjwAFez-m3pM03v4PcG8A8xGZjBhDtaP0u-Q6/pub

Team standards are on our website: Athletes are expected to **be here**...on time...with a GREAT attitude.

https://docs.google.com/document/d/e/2PACX-1vRfoya0iX7vWSVAraM6CQ9QS81jLxIEdLAZ3IW_jB_BAK-ngNEHr1yqkc3PuyHyW0drivGr7UnkR0cQw/pub

Sacrifice means...Commitment means ...Balance (within a team) means...Communication means...

Hydration & Nutrition, Recovery Techniques: Helps reduce cramping/injury & helps performance

Water, sports drinks (PowerAde, those with electrolytes), NOT “energy” drinks

Reduce sugar, processed, and white/refined flour

Increase dark colored, raw, whole, and natural foods with high nutrient density

Massage rollers, foam rollers, recovery drinks (ex/ chocolate milk), cold water immersion/ice baths, mobility exercises, stretching.

Role of Sports Medicine Director: If you are injured at all, see the Sports Medicine Director

Athletic Logos

Forest Green (pms 350)/White (black can be an accent) are TFS colors. Tomahawk logo. Please check with me before purchasing any major items for any team.

Big Peach Running Company shoes. How to know what type of shoes (cushion? Stability? neutral?)

Team and Individual pictures: Mon Aug 14

Quadrathlon Thur Aug 25

Questions and Answer time