

TFS Cross Country Parent Meeting SUMMARY August 12, 2022

Welcome: intro of Coaches Susan Nichols, Tamara Griffis, Elisha Boggs, Jennifer Walker, Skip Johnston, Lauren Brown (ATC)

Be GREAT with disciplined fire!

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.

Safety and Policies - review

- All things illness: distance, quarantining, bus charts, face covering, "spread out"
Running safety: Buddy/group system, run against traffic, know the route, ASK!!
- 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 (system at the stadium and weatherbug app)
- nfhs.org has a good free on-line concussion video
(<http://nfhslearn.com/electiveDetail.aspx?courseID=15000>)
- Academic Athletic Standards on our website
 - Failing one class multiple weeks ends in removal from team until passing.
- 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 boarding)
- MS pick up at HS parking lot (we always drop off at the upper school - return of tents, etc.)
- Recovery methods: see below. Hydration, hydration, hydration
file:///C:/Users/User1/Downloads/Recovery%20and%20Restoration%20Techniques%20(1).pdf
- ***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
[Click here for the Sudden Cardiac Death Information Sheet](#)

Training Philosophy: Variety, weakest link, technique, fortitude, SMART goals, disguise quantity and focus on quality. Reason or purpose for everything. Running form.

Communication – Partners!

- Levels – **student to coach**, parent to coach. PLEASE follow this

- 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?

Leadership / Followership opportunities for athletes: idea of Team Leaders and 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

XC concession items (Coca Cola drinks, PowerAde, basic items; anyone want to grill????)

MS and HS Quadrathlon and FAMILY Cookout Thur Aug 25

Schedule, season calendar, Sunday night emails, renweb alerts

What IS cross country?

What will a XC meet look like?

Tue Sept 6 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. 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 take pictures at any of our activities, please select the best 5-10 or so and send to brian.carter@tallulahfalls.org. We use 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 \$50 **Please pay by next Thur 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, \$30 ¼ zip or \$60 for the package).

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

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

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 Mrs. Brown

lauren.brown@tallulahfalls.org

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: Wed Aug 17

Quadrathlon Thur Aug 25

Running Form

Questions and Answer time