



Catholic Central Cross Country

2018 Parents Meeting

Coaching Staff:

Head Boys Coach Jackson Fox (H) 774-4713 (C) 328-2875 boysxcountry@grcatholiccentral.org
Assistant Coach Kathy Middaugh
Volunteer Assistant Coach Molly Kennedy

Our Goal:

Our Goal is to win conference, regional and state championships and we do this by helping every athlete improve on their times and performances. We help them set realistic season goals and provide every athlete with guidance, practice and encouragement to achieve those goals.

Athlete Expectations:

- *Attend all scheduled practices and meets* (The only acceptable reason for missing a practice or meet are: Family related, Personal Illness / Injury, Academic Reason, Detention) - You are responsible for contacting the Head Coach if you are absent from a practice or meet. Notify the Head Coach immediately if you are going to be absent from a meet.
- *Come prepared and on time for all practices and competitions*
- *Be respectful toward your coaches & teammates*
- *Give your best effort in every practice and competition*

Athlete Equipment:

- Running shoes (required)
- Competition Spikes (required)
- Running / training clothes (required) – Always bring warm clothes to every practice and meet
- Wrist watch / stopwatch (required)
- Tights (optional) – See Team Gear order form
- Singlet, shorts and warm-ups (purchased by athlete) – Must be worn at every meet – See Team Gear order form

Practice:

- Monday through Friday from 3:00pm to 5:30pm and some Saturdays (once school starts)
- We will use Catholic Central, the CAT, and John Ball Park as our primary practice locations
- Please be on time to pick up your kids after practice

General Information:

- All team communication will be sent through the Catholic Central issued Gmail account boysxcountry@grcatholiccentral.org
- Any group texting will be done through Rained Out which is a group texting service
- Emergency Contact Form / Concussion Form

Volunteers Needed / Donations:

- Drivers / Chaperones for the team day camp
- Pancake Breakfast Run
- Team Dinner Hosts / Post race snacks
- End of season banquet planners / coordinators
- Home meet Volunteers – OK Blue Jamboree (9/12) and Cougar Falcon Invite (9/22)
- Grand Rapids Marathon (10/21)
- Parking for the home football games
- CC Donation Letter

Earning a Varsity Letter (the 3 standards):

- Varsity letters are earned (they are not participation awards) by meeting one of the 3 standards listed below.

The Time Standard (18:30.0 for boys/ 21:30.0 for girls)

- The reason for this standard is that I believe that we should strive to be an above average cross country team and I want runners to continually improve each year.
- Athletes must run 18:30.0/21:30.0 or faster for their first varsity letter
- Athletes must run 18:20.0/21:20.0 or faster for their second varsity letter
- Athletes must run 18:10.0/21:10.0 or faster for their third varsity letter
- Athletes must run 18:00.0/21:00.0 or faster for their fourth varsity letter



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The Top 7 Standard

- This standard addresses years when we have athletes who do not meet the time standard but run on varsity cross country team
- The goal is to give the 8, 9, 10, ... runners incentive to race for a top 7 position
- If an athlete runs on the varsity team (top 7 runners) in half or more of the meets during the season they will earn their varsity letter

The Senior Standard

- I expect seniors to be leaders and role models to the athletes on our team
- If a senior does not earn their varsity letter by achieving the time standard or the top 7 standard they can earn it by demonstrating senior leadership and showing continuous improvement in their performance throughout the season.
- I evaluate this by the observing an athlete's effort (I see in practice and meets), attitude, and attendance (school, family emergencies, and health reasons are the only excused absences) including punctuality.

Important Dates

Date	Event	Location	Time
Wednesday, 8/8/18	Team Practice Begins	CAT	7:30am - 9:00am
Thursday, 8/9/18	Parents Meeting / Team Night	CAT Team Room	6:30pm - 7:30pm
Saturday, 8/11/18	Pancake Breakfast Alumni Run	Coach Fox's House	7:45am - 10:00am
Tuesday, 8/14/18	Spike Night at Gazelle	Gazelle Sports on 28th Street	6:00pm - 7:45pm
Friday, 8/17/18	Community Day	CAT	5:30pm-7:30pm
Sunday, 8/19/18	Team day camp	Pentwater and Muskegon	8:00am - 12:30am
TBD	Team Pictures	CAT	TBD
Friday, 8/24/18	Cross Country Tailgate	CAT	5:00pm - 7:00pm

Meet Schedule

Date	Opponent	Location	Time
Saturday, 8/25/18	Michigan Catholic Inv.	St. Francis Retreat Center	7:00am
Wednesday, 9/12/18	OK Blue Jamboree 1	Riverside Park	G 4:45pm / B 5:15pm
Saturday, 9/15/18	Sparta Invite	Sparta	8:00am
Saturday, 9/22/18	Cougar - Falcon Inv.	Gainey Athletic Fields	8:00am
Wednesday, 9/26/18	OK Blue Jamboree 2	Allendale	G 4:45pm / B 5:15pm
Saturday, 9/29/18	Allendale Falcon Invite	Allendale HS	8:00am
Thursday, 10/4/18	East Lansing Invitational	Soccer Complex	4:00pm
Tuesday, 10/16/18	OK Blue Jamboree 3	Sparta	G 4:45pm / B 5:15pm
Saturday, 10/27/18	*MHSAA Regional Meet	Allendale HS	8:00am
Saturday 11/03/18	*MHSAA State Finals	MIS	TBD

Meets in **bold** are hosted by Catholic Central

* You must qualify for these meets



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Banquet Coordinators / Planners

Parent (Two boys and two girls parents):

1. _____
2. _____
3. _____
4. _____

Hosts for Team Dinners

Date	Location / Host	Phone
Fri. 08/24/18	_____	_____
Fri. 9/14/18	_____	_____
Fri. 9/28/18	_____	_____
Fri. 10/15/18	_____	_____

Boys Post Meet Food / Snacks

(We will need a parent to coordinate the post meet food. In the past parents have used SignUpGenius.com to coordinate this)

Date	Event	What and Who
Sat. 08/25/18	Michigan Catholic Invite	_____
Sat. 09/15/18	Sparta Invite	_____
Sat. 09/22/18	Cougar Falcon Invite	_____
Sat. 09/29/18	Allendale Invite	_____
Sat. 10/04/18	East Lansing Invite	_____
Sat. 10/27/18	MHSAA Regional Meet	_____

Cougar Falcon Invite at the Eagles Nest Volunteers (9/22/18)

Volunteers – 25 to 30 needed from both the boys and girls team from 7:00am – 1:00pm

Positions needed – medical staff (1 doctor and nurses), parking attendants, course marshals, finish line volunteers, and other duties

Sponsors Needed - We are in need of 5 sponsors for the Cougar Falcon Invite at the Eagles Nest. The cost of sponsorship is \$250. If you know of a business or are interested in sponsoring the event please contact coach Fox.

Grand Rapids Marathon Volunteers (10/21/18)

Volunteers – 75 parent and athlete volunteers needed from both the boys and girls team from 6:00am – 10:00am

If you can help out I need you to e-mail me your name and t-shirt size by 8/31/18. Athletes will also receive volunteer service hours for working at this event.