

Windsor Cross Country 2024 – Parents/Guardians Meeting

<https://www.windsorhighrunning.com/cross-country>



[windsorhighrunning.com/xc](https://www.windsorhighrunning.com/xc)

When: Thurs, Aug 22, 6pm-6:45pm at WHS (Room K114 – park on “South Lot”)

Is my participation mandatory?

- Your student won't get kicked off the team if you don't come.
- However, this is not just an exchange of information. Establishing parent/guardian connections with the coaches and other parents makes a huge difference in the quality of the experience for your student and greatly expands what we can accomplish.
- Your presence at this meeting is an important, tangible way to support what we are doing as a team!

Basic Topics Covered:

- Prompt start at 6pm! Meet the Coaches, meet other parents!
- Communications: How to get announcements and coaches' messages / coach contact info
 - Check **windsorhighrunning.com/xc** for meet specific information! (qr code above!)
- Go over expectations for participation – this is a competitive team, focus on improvement
 - Consistency - at least 4 weekly workouts / Engagement / Respect
- Go over practice and meet schedule
 - Monday is quality, Tues park, Fridays off, Sat morning long, Sunday rest (generally)
 - transportation and early release
 - different types of competitions – who goes; travel meets – who goes
- Donations and Fund Raising – we need to raise at least \$3500 each year to cover expenses
 - Two major fundraisers – “schoolfundr.com” launching next week and New Year's 5K Fun Run
- We want / we need parent **volunteer involvement!** (a few examples...)
 - **HIGHEST NEED:** Provide rides to the park for some practices (have a need almost every Tuesday!)
 - Requires fingerprinting and form – please pick up forms!
 - Help to conduct our hosted league meet (October 23)
 - Hosting one of three “pasta dinner” nights during the season (possible dates Fri 9/13, Tues 9/24, Mon 10/7, Tues 10/22)
 - Helping Coaches organize End of Season celebration/awards event- Thurs, Dec 5
 - Join us for Saturday runs!
- Team Store is open! Find link at bottom of xc webpage
- If we have time...where Coach Ruben thinks we stack up versus the competition this season

Questions? Contact Coach Ruben DiRado rodorado@gmail.com, 707-799-7218 or Coach Williams jamie.williams@wusd.org