

Parents Meeting

I. Our Expectations for your student/athlete

A. Our philosophy of Coaching

- 4 plus years of physical fitness
- Striving to achieving their potential and being the best they can be.
- Development as a person. Making them a better person in society
- Treat our team as a family. What it is to be a good teammate.
- Lifetime of memories

A1. – Any concerns, have your athlete visit with me, if you have a concern please contact me; I would like to work it out right away. Usually what happens is an athlete misinterprets what was said. Clarification, I want my athletes happy. There will be times I have to motivate or reprimand someone and it is not because we “don’t like him or her.” We have rules and expectations for all athletes and sometimes we upset your kid, but we treat everyone the same. We try being as fair as we possibly can. Tough Love, but the bottom line is we really care about your kid like they are one of our own. The saying it takes a community to raise a kid, holds true.

- School District Policies – Clothing, Driving, Prayer, Alcohol, etc.

B. My website: www.sewardpublicschools.org

- Go to High School Tab – Teacher pages – Mr. Holliday – Cross-Country – there is everything you need to know about our program.
- www.athletic.net is another website that is helpful.
- In there is what I sent home with the athletes
- How to wash their uniforms – Wash in cold, Air Dry, they’re responsible for their clothing –cost to replace it, etc. Lockers
- Items left out and we pick them up we charge \$2 to get it back.
- Our letting policy – I feel everyone deserves a chance earn a varsity letter regardless if they ever run on the varsity team. But to earn a varsity letter there are things they have to do over the course of the summer.
- Top 10 shirts – Award/incentive I give to individuals who are 10th or better on the team for so many meets.

C. Our practice Schedule

- 3:40 Warm-up (800 jog around track) Lunge Matrix
- Stretch (10 Minutes approx.)
- Drills (10 Minutes)
- Head out for our run or workout (varies depending on the workout)
- General Stretch (GS) calisthenics or Weight Lifting and stretching
- Ice Treatment – Cold Whirl pool (proper etique in Training room)
- All these things take time, but rarely do we ever go past 6:00 pm. our hard workout days we could go to 6:30 but that is usually only once a week. Wednesdays everyone is out of the building by 6:00.

- Saturday Morning Practices – Usually 7:00 am.
- All these things are mandatory, not optional! I will work with an individual who has a major conflict. I just need to know about it a head of time and the athlete is required to make that practice up.
- Skipping/Missing Practice
- Meets – Warm-up, stretch, Bathroom, Drills, Race, Cool Down
- Bus Etiquette, Camp etiquette, Parent sign out, etc.

D. Items Athletes Need

- Good Running Shoes – Lincoln Running Co. 15% discount
- Purchase and pick up a White Team t-shirt before the 1st Meet - \$10 for a cotton tee or \$15 for a Dry fit one. If money is an issue visit with Coach Holliday and I will give them one.
- Towel to dry off after their whirlpool.
- Proper clothing for running – for all weather conditions.
- Forms for the office (physical, pay to play money, activity ticket, parent consent form)

E. Meet Schedule

- There are a couple of meets that have a time requirement to attend. 1st one is Harold Scott you have to run under 30 minutes at the McConnell meet. 2nd is the UNK meet you have to run 19:30 or at the Crete Meet in order to attend. This does not include any other meet where we feel an athlete is unprepared to make the distance.

F. Grades (ineligibility list) 70% or better to participate.

G. Making up work before they leave for a meet.

- Go over listening at a team meeting (important info for them to tell their parents. I give them info to take home as well.)

H. Injured athletes are still required to come to practice to do rehab

I. Enclosed past years meet times to gauge improvements

What can parents do to help our program?

Support your athlete (tough sport), congratulate them, and praise them.

Please call or e-mail me if you ever have concerns. (Support coaches)

You can help with Pasta Dinners (Parents Organize)

You can help with the Year End Banquet (Senior Parents Organize)

You can Join and be an Active Booster Member

You can help out with our Home Invites (Charlie Thorell, Districts)

You can hand out towels at meets, popsicles, yard signs, etc.

It endless, I am good with whatever you want to try to make the season more enjoyable. You as parents play a huge role in your athlete and our team's successes.