



San Diego Waves Parent Track Meeting- August 6th

- I. **Welcome to the 2019 Cross Country Season!**
Introductions- Coaches: Andrew, Bob, Claire, Ryan, Hector

- II. **Our Wave Team Philosophy- To promote a positive learning team culture for all of our athletes from beginner to pro! To build this team culture, we ask that parents commit their time to our Wave community. Our coaches will volunteer their time and have pledged their commitment. Please think about what you are able to commit to? We ask that each athlete participate in at least 6 meets and consistently attend practice.**

- III. **Practice Preparation & Sites- Buena Vista Park (the Duck Pond)
Tuesday & Thursday 5:30-7:00 pm
Sept-Nov will add the CSUSM Track**

- IV. **Meet Preparation & Schedule- Clear your Sunday morning schedule.**
 1. **Travel to meets**
 2. **Parent Volunteers Needed**

- V. **Membership & Fees- Registration Application**
New Member-\$345
 - 1)Team Uniform- Racing singlet, short, & socks
 - 2)Team Performance-shirt
 - 3)Team Sports Bag
 - 4)USATF Sanctioned Meet Fees
 - 5)USATF/SDW Organizational Fees
 - 6)Facilities Fees**Returning Member- \$285 Includes 2) thru 6)**
Sibling Discount 20% off
***USATF Nat'l membership needed=\$20**

- VI. Donations, Fundraisers & Volunteers-
We will need parent volunteers for Practice, Assoc., Region 15 &
Nat'l Junior Olympics (12/14 Madison WI or 12/7 Knoxville, TN)**
- VII. Uniform Sizing- End of Thursday Night's Practice 8/6**
- VIII. Questions??**
- IX. Got a check- Register and See Patty**

XC is on! Go Waves!

