



**STARR'S MILL**  
**2019**  
**PANTHER CROSS COUNTRY**  
**PARENTS AND ATHLETE MEETING**

Kelly Rock XC Coach

Mike Dobso – President FLBC

May 14, 2019

# Welcome to the Best XC TF Program in the State

1. Athletes
2. Coaches
3. Parents Involvement
4. Facilities

# Agenda

1. [Collect your contact info to communicate over the summer](#)
2. [Goals of the Program](#)
3. [Meet the Coaches](#)
4. [Fall XC Meet Schedule \(tentative\)](#)
5. [Practice Days/Times \(tentative\), Expectations, What to Bring to Practice](#)
6. [Summer Running Schedule & 1<sup>st</sup> day meeting/conditioning – June 3<sup>rd</sup> at 8am](#)
7. [Athlete Expectations in Summer](#)
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9. [Nike Running Camp July 14-19](#)
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11. [Uniforms, Sweats, athlete shirts, parent shirts](#)
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13. [Team Dinners during the Season](#)
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# 1. Collecting your Contact Info

- Purpose
  - Communicate with you & your athlete throughout the summer
  - Collect the athlete shirt sizes to order them
  - Communicate with you about the July 29 Registration Meeting
- During the Meeting:
  - Use the Chromebooks at your tables
  - Input info in all the fields for you & your athlete
  - Save it
  - Let the next person input their info

Please provide your info again, even if your athlete was involved in the past season or year

## 2. Goals of the Program

- Teach your athlete how to be a better runner
  - o Learn Pace, work hard, work smart, strength
  - o Nutrition, Hydration, Recovery
  - o Assessing a course, Race strategy, team racing
- Teach your athlete about goal setting and discipline
- Teach your athlete about teamwork, sportsmanship & responsibility, leadership
- Enable them to have fun and make friends

# 3. Introducing the Coaches

Head Coach: Kelly Rock [kelly.rock@starrsmilltfxc.com](mailto:kelly.rock@starrsmilltfxc.com)

Assistant Coach: Anne Chrzanowski [anne.chrzanowski@starrsmilltfxc.com](mailto:anne.chrzanowski@starrsmilltfxc.com)  
\*Community Coach

Assistant Coach: Don Livingston [don.livingston@starrsmilltfxc.com](mailto:don.livingston@starrsmilltfxc.com)  
\*Community Coach

Other Assistants:

Rob Isaac

Dan Gant

# 4. Fall Schedule (tentative)

Season Meets

Date	Meet	Location
Aug 10 (Sat)	Time Trials	Starr's Mill High School track
Aug 17 (Sat)	No meet- Sat am Practice	TBD
Aug 24 (Sat)	Bob Blastow Early Bird	McIntosh Nature Preserve, Whitesburg, GA
Aug 31 (Sat)	Panther Invitational	Heritage XC Course
Sep 7 (Sat)	Carrollton Invitational	Carrollton Elementary, Carrollton, GA
Sep 14 (Sat)	TBD	TBD
Sep 20-21 (Fri - Sat)	Wingfoot XC Classic	Sam Smith Park, Cartersville, GA
Sep 28 (Sat)	TBD	TBD
Oct 5 (Sat)	Travel Meet or Alexander/Asics Invitational	TBD Foxhall Sporting Club, Douglasville, GA
Oct 12 (Sat)	TBD	TBD
Oct 19 (Sat)	Region Meet	Heritage XC Course
Oct 26 (Sat)	No Meet	
Nov 1 (Fri)	State XC Meet	Carrollton Elementary, Carrollton, GA

# 5. Fall Practice Schedule (tentative)

July 29 – Aug 1:	Mon - Fri:	TBD
Aug 5 – Mid-Sept :	Mon, Wed:	XCHC at 4:30pm - 6:30 pm
	Tues, Thurs:	SMHS Track at 6:00am -7:30am
	Friday:	SMHS Track 4:00pm - 5:00pm
	Sat:	Meets or Workouts (location TBD)

\*\*we may adjust practice time a couple of days / week based heat

Mid-Sept – Oct 31:	Monday & Wed:	SMHS Stadium 4 – 5:30pm
	Tues & Thrs:	XCHC at 4:30 - 6:00pm
	Fridays:	SMHS Track 4pm
	Saturday:	Meets or Workouts (location TBD)
	Sunday:	On your own (athletes encourage to get together )

Athletes should **NOT** be racing in local road races between July 29- Nov 1



# 5. Practice: What to Bring

- Physical
  - *Before you can start practicing, you must have a physical on file with the school.*
- Good Attitude
- Water Bottle
- Towel
- A watch
- Good running shoes
- Warm weather gear: moisture wicking, towel
- Cooler weather: layers as well as light sweats
- Cold weather: sweats, hats, gloves

# 6. Summer Running Schedule

## Why Run?

- Majority of improvement comes in the off season
- Your competition is training over the summer

## Overview

- 9 Weeks: June 3 – July 26: 45+ workouts
- 3-4 work out groups based on age and running experience
- Distance will slowly increase through the summer
- Easy days and faster days; long days and shorter days
- Strength work after running (Indicated with \*. Subject to change based on next slide)

Days	Time	Location (Tentative)
Mon	8am -9:30am	Oak Grove Elementary
Tues*	8am -9:00am	SMHS track
Wed	8am -9:30am	Oak Grove Elementary
Thur*	8am - 9:30am	SMHS track
Fri	8am-9:30m	Oak Grove Elementary
Sat*	7:30am - 9:30am	Oak Grove Elementary

If you have not run in 4 weeks you should start tomorrow to ease into 6/03 start

# 7. Summer Training- Athlete Expectations

- Practice is completely voluntary.
- If you want to get better come to practice and put the work in.
- We will have 4-6 running workouts and 2 days of strength workouts
- Each day you come, log your miles
- Bring the Big 6 :
  1. Good attitude
  2. Good running shoes
  3. Warm weather gear: moisture wicking
  4. Towel
  5. Water and protein recovery drink
  6. Watch, if you do not have one, buy one
- Complete your mileage using our online system
- Be smart about drills and stretching to prevent injury
- Be smart about recovery: protein, eat 3 meals a day, hydrate every day

# Summer Strength Training Opportunity

## Summer Strength for Runners

Option #1: On Site	# of Sessions	Notes	Rate
<b>GTS Comes on Site to Train</b> <ul style="list-style-type: none"><li>Weekly Progressions Designed 100% for runners (Endurance, mobility, flexibility, core strength and enough power for hill strength and finishing races strong)</li><li>40 minutes of Strength workout, followed by 15-20 minutes of Stretching and Yoga</li><li>Mindset Training (How to Think and Visualize Success as an Athlete)</li></ul>	14	Meet at 10am every Tue and <del>Thur</del> at Starr's Mill (Except last week of July, once season starts, meet at GTS at 10:30am)	\$2,500 <u>(If 40 athletes participate, \$65 per person)</u>

Sign up sheet is being sent around or Email Coach Anne [anne.chrzanowski@starrsmilltxc.com](mailto:anne.chrzanowski@starrsmilltxc.com)

Deadline to sign up and pay is Friday, May 24th

# 8. Summer Activities

Dead Week....Week of July 4. No organized running.

Nike Running Camp July 14 - 19

- We already have 17 SMHS athletes confirmed (12 male, 5 female)
- Plus additional runners from the local area
- Registration is almost closed; there are 39 spots left out of 250

Communication/Updates

- Remind – Text @SMXC19 to 81010
- Weekly emails

Team Get Together- Tubing Trip

- Weekend of July 27<sup>th</sup>
- Hang out at Cabins
- Whitewater Tubing

# 9. Nike Running Camp- July 14-19

## Overview

- Outstanding running location: Mountains of NC, wooded trails, track
- Camp is going for 45 years, well managed
- 250 athletes placed in 20 different training groups based on ability
- Sleep in dorms at UNC- Asheville; 4 people in a suite
- Meals: Excellent, highly nutritional
- Classes, running form diagnosis, try Nike product, top notch coaches
- Social activities each day- hang with your SMHS friends+ LMC, MHS, BMS, RSMS

## Bus from PTC - optional

Chance to earn some money towards Running Camp; Up to \$300 ~ 33 hours

- Dates: May 28- June 18 (3 wks) \*
- Work on yard/ barn maintenance (no stall work), May 28- June 18
- Need to have skills before you start or after 1<sup>st</sup> day \*
- \* There may be other work at Heritage XC course- tbd
- Payments made directly to Nike Running camp

# 10. Finish Line Booster Club Officers

## Officers

Mike Dobso

President

[mike.dobso@starrsmilltfxc.com](mailto:mike.dobso@starrsmilltfxc.com)

Vacant

Vice President

Diana Schmidt

Treasurer

[diana.schmidt@starrsmilltfxc.com](mailto:diana.schmidt@starrsmilltfxc.com)

Kelly Anderson

Communications

[Kelly.anderson@starrsmilltfxc.com](mailto:Kelly.anderson@starrsmilltfxc.com)

\*\*election for Treasurer

# 10. Key Volunteers

Amy Posey

[Amy.Posey@starrsmilltfxc.com](mailto:Amy.Posey@starrsmilltfxc.com)

Uniform, Sweats, Spirit Wear

Susan Dearman

[Susan.dearman@starrsmilltfxc.com](mailto:Susan.dearman@starrsmilltfxc.com)

Volunteer Coordinator XC

Hospitality/SALSA XC

Kim Dobso

[kim.dobso@starrsmilltfxc.com](mailto:kim.dobso@starrsmilltfxc.com)

Travel Coordinator

Vacant

Sponsorship



# 10. FLBC & Volunteer Expectations

To run a large team required parents to help with administration and meet management

## Expectations:

- We need you to Volunteer for both home XC meets, we need 70+ people
- Or be a part of the Sponsorship Team- (May – August )

## Additional Opportunities:

- Team Dinner on Aug 30 night before our home XC meet
- Team Dinners for XC before meets
- Athlete Food and Drinks for travel meet(s)
- EOY Banquet & Senior Awards & Slide Show – Nov 12 (Tuesday)

# 10. Starr's Mill Panther XC Meet (& Region Meet)

## August 31<sup>st</sup> Meet Overview

- 40-50 teams
- 6-8 races (2-4 Varsity, 2 JV, 1-Freshman, 1-Middle School/Open)
- Time: 7am-12:30pm
- Location: XC Course at Heritage Christian Church

## Volunteer Needs (~ 70+ people) (same for both meets)

- Course Set-up the day before: stakes & Flags (10)
- Course Marshals/finish line- (12)                      2 shifts of 6
- Parking- (18)    2 shifts of 9
- Concessions & Water Table (6)                      2 shifts of 3
- Coaches Hospitality
- Check-in Packet Pick-up (2-3)
- Rabbits (bike)- Sweepers in golf carts (2 shifts of 2)
- Sponsor media set-up/signs
- Course take-down after the meets

Oct 19 Region Meet Overview: 7 teams, 4 races, mid-day at XCHC

# 11. Uniforms & Sweats & Spirit Wear

## 1. Uniform & Sweats - required for all Runners

- We use Boathouse, custom manufacturer, will always keep our style in stock
- Same as for track
- Go online and place your order: <https://starrsmillxc2019.itemorder.com/sale>
- The Online Store for Starr's Mill will be open from **JUNE 17- JULY 9**
- Boathouse will ship directly to you by **August 17** (well before the first meet )

## 2. Backpacks- Optional - runners and parents can buy

- Order from Finish Line Booster Club during registration
- We collect the money, we hand them out at practice

## 3. Athlete Team Shirt- included in your fee

- Handed out at practice once you pay your fees

## 4. Parent Team shirt for volunteering, included in the fees

- Must be a member of FLBC and volunteer to get your shirt

# 11. Uniform & Sweats



# 11. Uniform & Sweats



# 11. Spirit Wear

## Back Pack

With SMHS XC &  
Name embroidered on it  
Order via FLBC



# 12. Registration Overview

- One registration Period - **July 29<sup>th</sup> 4:30-6:00pm**
- Assembly line of parent volunteers collecting 5 documents
- In June/July, Go to the website to get the 4 documents: [www.starrsmilltfxc.com](http://www.starrsmilltfxc.com)
- Fill all 5 registration documents and bring them to the meeting
  - 1<sup>st</sup> doc Registration for athlete + contacts + athlete overview
  - 2<sup>nd</sup> doc Fees page
  - 3<sup>rd</sup> doc Sizing page- T-shirt sizes and costs
  - 4<sup>th</sup> doc Volunteer Opportunities
  - 5<sup>th</sup> doc Athlete Contract- 5 pages (parent signs and athlete signs)
- Note: you must have your physical turned into Terri Watkins **before** July 29<sup>th</sup> (parent & athlete signs) in order to practice with the team
- Communications / updates from team email and Remind during the summer (communications person)

Starting July 29<sup>th</sup> :

- No Physical = no workouts with the team
- No Registration, Fees, Sizing, Athlete Contract documents = no workouts with the team

4 Items	Price	What's included	Payment and Timing	Comments
Uniform & Warm-ups (1 <sup>st</sup> year on the team)	<b>\$253.50 (W)</b>  <b>\$258.50 (M)</b>	<ul style="list-style-type: none"> <li>• Singlet</li> <li>• Bottom</li> <li>• Warm-up Jacket w/name</li> <li>• Warm-up Pants w/ name</li> </ul>	<b>June 17- July 9</b> Pay Boathouse directly	<ul style="list-style-type: none"> <li>• Order through the Boathouse website, special SMHS store</li> <li>• Store Opens June 17</li> <li>• Store Closes July 9</li> <li>• Ships directly to you</li> </ul>
Registration Fee (does not include uniform & sweats)	<b>\$325</b>	<ul style="list-style-type: none"> <li>• Team facility &amp; equipment expenses</li> <li>• Gifts for Coaches</li> <li>• Team Travel Expenses</li> <li>• Athlete Shirt,</li> <li>• Banquet ticket</li> </ul>	<b>July 29</b>	Two ways to reduce the cost: <ul style="list-style-type: none"> <li>• Work 2 XC meets earn \$100</li> <li>• Sponsorship – Earn 10% back for each sponsor!</li> </ul>
Optional Backpack	<b>\$33</b>	<ul style="list-style-type: none"> <li>• Backpack</li> </ul>	<b>July 29</b>	<ul style="list-style-type: none"> <li>• Pay at registration</li> <li>• Optional item</li> </ul>
Optional Travel Meet	<b>TBD</b>  <b>Max \$170</b>	<ul style="list-style-type: none"> <li>• Bus transportation</li> <li>• Hotel</li> <li>• Meals</li> </ul>		<ul style="list-style-type: none"> <li>• Determined by coaches</li> <li>• More information as the summer progresses</li> <li>• Pay at registration</li> </ul>



# 13. Team Dinners during XC Season

- Great way for the athletes to get to know their teammates; usually 50 athletes
- Either 1-2 nights before the meet; 6-8pm
- Host provides home
- Co-host provides plates, plastic ware, napkins
- Parents bring food, rotate what to bring based on last name
- Email sent out the week of on what to bring
- If interested contact Susan Dearman
  - [susan.dearman@starrsmilltfxc.com](mailto:susan.dearman@starrsmilltfxc.com)

# 14. Volunteer Needs

May 18<sup>th</sup> PTC XC Team Challenge 7:30a – 12 noon

- Future XC Runners: Elementary and Middle Schoolers
- HS Athletes are the volunteers
  - Course Marshals
  - Rabbits and Sweepers
  - Handout Awards
  - Check- in, Chute, Timing

Course work day at XCHC laying sod: Saturday, June 1<sup>st</sup> (8am-finish)

- Adults and athletes
- Bring gloves, long-sleeve shirt, and water

Plus a maintenance workday at XCHC : Saturday August 17<sup>th</sup>

- Need adults and athletes
  - Course maintenance

Please sign up or send an email to [donlivingston@bellsouth.net](mailto:donlivingston@bellsouth.net)



Questions?