

**2011 CHANTILLY CROSS COUNTRY  
PRE-SEASON MEETING AGENDA**

Athletes & Parents....Welcome to the 2011 season of Chantilly Cross Country. We are very excited for this season to begin, and to have each person be a contributing factor to what we hope to be yet another successful season. We have a lot to cover today, as we prefer to get all of our "administrative" tasks out of the way, prior to the first practice, in hopes that we can avoid spending too much practice time on this.

By the end of this meeting, the following forms should be filled out COMPLETELY, and SUBMITTED PRIOR TO LEAVING . \*\*\* items represent new forms, whereas others were forms given out in June. We recognize that many of you were at the earlier interest meetings, but some may be brand new. (All forms & links can be found at [www.chargercctrack.com/ccforms.html](http://www.chargercctrack.com/ccforms.html))

- **VHSL Physical Form**, including Insurance Information (This must be dated after May 1<sup>st</sup>, 2011- required in order to practice)- This must be on the 2011 Form!!!
- **Athlete Concussion Program (done online)**
- **Parent Concussion Program (done online)**
- **Completed Emergency Care Card**- (required in order to practice)
- **Spirit Pack Form**, w/check made out to Cassel's Sports & Awards (for those who turned in their forms in the early summer, your order should be here for delivery already)
- (Optional) **Parent Spirit Pack Form**
- **Cross Country Camp Forms**- Permission slip & Luggage Search Forms & check made out to CHS Cross Country, for team camp- 8/22-25
- **Cross Country Athlete Info Survey** (done online)
- **Parent Info Survey** (done online)
- \*\*\* **Extracurricular Participation Policy Form** (requires parent & athlete signatures)
- \*\*\* **Cross Country Bible Sheet**- acknowledging team rules, cut policy, off-campus running- Sign & Submit Back Page
- **Athletes should pick up Pre-Season Workout Schedule & Seasonal Meet Schedule...nothing to submit.**

**OPTIONAL**

The following items are optional, and while I support them whole heartedly, they are completely up to you. Please do not return any of these to me directly, rather, send them to the appropriate addressees.

- **Booster Registration or Sponsorship**
- **Milestat.com Registration**
- **=PR= Shoe Night- Reston Town Center**

Agenda

- Intro- Meet the Coaches
- Team Rules- (referencing our Bible: Tryouts; practices, Emergency Info, Attendance, Lettering, Cut Policy, Injuries, Transportation, Schedule, Equipment, Websites etc)
- Break-out
  - o Coach Snead- Off-Campus Running; Distribute Spirit Packs
  - o Athletes need to verify their information on spreadsheet, and initial/highlight for correctness; those with no profile need to submit athlete info sheet
  - o Parents- Discuss fundraiser, Booster Membership
- Questions and Answers