



# Cross Country Parent Meeting

1. **Prayer**
2. **Introduction of coaches and coaching philosophies**
  - 2.1. Your head coach is Brady Darrough. Teresa and Tad Edgerton will be assisting.
3. **Practice Times**
  - 3.1. Practice times will be as follows for High School:
    - 3.1.1. Sunday: 8:00-9:00 a.m.
    - 3.1.2. Monday: 5:30-6:30 p.m.
    - 3.1.3. Tuesday: 5:30-6:30 p.m.
    - 3.1.4. Wednesday: 6:00-6:45 a.m.
    - 3.1.5. Thursday: 6:00-6:45 a.m.
  - 3.2. The morning practice times listed for Wednesday and Thursday are for High School only.
4. **Grades**
  - 4.1. To be eligible to play, Student Athletes must maintain a GPA of 2.5. They are ineligible to play if they have any F's or more than one D. Each week I pull Student Athlete grades on Wednesday so I can try and give them a 2 day notice of any issues with their grades they may have. On Friday the official grade list from the office comes out. If a student is ineligible at that time that means the next week, they are not allowed to participate in any meets, but they can still practice and travel with the team. If their grades are still ineligible the following Friday, they will be unable to participate in anything the team does until their grades are improved and they are cleared by the AD.
5. **How Academic Credit Works**
  - 5.1. All students get graded
  - 5.2. Students can remove the credit if they don't like their grade
6. **What is needed before your child can practice?**
  - 6.1. NSAA Permission Form and Physical Form
  - 6.2. Cross Country Fees turned in, \$100.00 for high school, \$50.00 for middle school

7. **Transportation requirements and needs**
  - 7.1. If you are willing to be a driver, we can use people from time to time.
8. **Uniforms**
  - 8.1. The uniforms need to be kept in good condition and returned at the end of the season promptly to avoid charges.
9. **Uniform Care**
  - 9.1. Please wash your uniforms. It works well to dry them for just a few minutes in the dryer and then hang them to finish drying.
10. **Ordering of hoodies**
  - 10.1. CVA has nothing to do with ordering hoodies. This is something the Student Athletes do on their own each year and it is not required for a family to be involved. All Student Athletes receive a t-shirt as part of their cross country fees.
11. **Supper plans on trips**
  - 11.1. Student Athletes need to bring their own sack suppers when they have meets and are on the road.
12. **Trainer**
  - 12.1. The school has a trainer we work with. If the student athlete has an injury, they can let the AD know and we can get it looked at.
13. **Student Athletes must travel with team to and from meets**
14. **Meet Schedule**
  - 14.1. You can always find any CVA schedules at [Frontierconference.org](http://Frontierconference.org). as well as the CVA Website under Athletics. The dates listed on the schedule are high school times, often middle school starts earlier. We will do our best to get you the specifics, but it's a safe bet to always plan on middle school kids starting around 4:00 other than the first meet which is in the morning.
15. Athletes must wear seat belts in school transportation or risk being ineligible to run.