



Valencia Vikings 2019 Cross Country Season Parent Meeting Agenda

Coach Matan Mayer: *Welcome/ Coach Introductions
*Program Philosophy
*Summer Camp Requirements

(Two step process: 1. Paid through ASB 2. Forms filled out and cleared through sports med @ athleticclearance.com)

*Physicals

(All physicals forms MUST have stamp from doctor's office and be turned into sports med for athletic clearance)

*Summer Camp Overview

(Practice dates/times/locations)

*Meet Schedule/Race Locations

*Varsity

*Shoes

*Nutrition/Hydration

*Eligibility/GPA

*GroupMe App

(Mandatory for athletes/Optional for parents)

*Fourth of July Fundraiser:

(MANDATORY PARTICIPATION-our largest fundraiser)

*Mammoth Training Camp:

(Dates/Location/overview/athlete selection)

*Questions:

Boosters:

*Tracy Makar/Booster Club President

*Booster Club Overview/Board Introductions

*Donations \$225

(Payable by cash/check/credit card/ PayPal Checks made out to:
Valencia Cross Country Booster Club)

*Volunteers/District Drivers

*Team Website

*Pasta Parties

Donna Miller/Booster Club Managing Director

*Uniforms

*Spirit Wear www.psappareldesigns.com

*XC 101

Coach email: matan_mayer@hotmail.com

XC Website: www.valenciacx.com

