1. CHECK IN: Separate clipboards for the boys and girls.
   1. Please check the spelling and correct any errors.
   2. Email is our way of communicating with the athlete’s during the summer. We typically use the team webpages to communicate in season.
   3. An email address that the athlete actually uses would be beneficial. Print neatly.
   4. All essential paperwork to be eligible is available on the ECM athletics webpage under “Forms”.
2. BOOSTER CLUB REPS
   1. This year Ann Erickson will be helping coordinate parent efforts regarding end of the year banquet, pasta feeds and booster club organization.
   2. Please provide your names and email addresses because you may hear from Ms. Erickson
   3. We will be looking for booster club reps to help this year. Last year Joanna Schneider was able to help on the boy’s side and Heather Cole was the booster rep for the girls. Often having more than 1 rep per team is ideal and very much appreciated.
3. SENIOR LEADERSHIP
   1. Mojo and I have high expectations and will be meeting with seniors soon.
   2. Seniors lead an INCLUSIVE program
4. PRACTICE/ATTENDANCE
   1. Everyone is expected to be at the first practice on Monday, August 14th 8am and every practice thereafter.
   2. Meet in wrestling room. Some practices at Lowes Creek Park and Fairfax Baseball diamonds.
   3. The first week is a required TRY OUT period. Athletes will run a 2-mile time trial to get a time used to prescribe their workout paces.
   4. Today’s paperwork must be turned in prior to Monday, August 14th in order to try out.
   5. Our first meet is just 2 weeks after start of practice. It is at the Eau Claire City Wells and is hosted by North High School.
   6. 1st two weeks of practice typically at 8am. Practice in school year is at 3:15pm after school.
   7. We practice Monday through Friday. Meets typically Saturday= 6 day a week commitment
   8. In the case of serious illness or injury: Return to participation form given to coach and athletic trainer.
   9. School Attendance: Coaches are sent a report everyday on school attendance. It is monitored every day. If an unexcused is recorded, the student has 3 school days to clear it or they must sit out of the next competition.
5. SUMMER RUNNING
   1. Summer running for both boys and girls will be Monday-Friday at 8am and are OPTIONAL
   2. Girls start Monday, June 12th at 8am at ECM Track
   3. Morgan Barnhardt and Grace Cole will be organizers for the girls
   4. Athletes may play other league sports during the season but we ask that they be a 1-sport athlete for the 11 weeks of the XC season.
   5. Athletes may compete in road races in the summer: no more than 3 races. 5k maximum for girls, 10k maximum for boys.
   6. In season, WIAA allows 2 road races with permission from coach and AD. We typically do not allow.
   7. UWEC Camp-Coach Hayden will be working.
   8. Easy on the ultimate Frisbee, let’s stay injury free
   9. Boys: summer training plans posted on website. Begin June 19th.
6. EQUIPMENT
   1. Running Shoes-try to go to actual running store/website. Run-n-Fun in the cities offers a 20% discount. Otherwise try runningwarehouse.com
   2. Spikes
   3. Water Bottle
   4. Watch that takes splits
   5. Bug Spray
   6. District Policy: Wear shirts
7. STRENGTH/CONDITIONING
   1. There is also a free 6 week strength and conditioning program at Memorial that can supplement your running. It meets on Monday-Thursday from either 7-8:30 a.m. or 9 to 10:30 a.m
   2. Coach Hayden will be working the program as well.
   3. Half sheet-sign ups available.
8. PAPERWORK : Report to cafeteria at end of the meeting for processing
   1. All forms/info on MHS website. Go to ATHLETICS, then FORMS.
      1. Physical: on file in the Athletic Office (dated after April 1st, 2016). Good for 2 years.
      2. Emergency Medical Treatment Form: Fill it out one time a year. Yellow carbon form.
      3. Athletic Code Receipt: Good for whole year. Agree to district rules of conduct.
      4. Concussion-Parent Athlete Agreement Form: Wait to turn in until August 1st. Good for entire school year.
      5. Concussion Impact Form: **YELLOW** form. For freshman, juniors and first time athletes. Can be turned into athletic office then used by Athletic Trainer during testing.
      6. Athletic Fee Form: Must be filled out by everyone, even if fee is required for athlete based on free or reduced lunch status.
9. Mojo discusses summer training logs for girls team. Other items.
10. We have paperwork checklists available to make sure all bases are covered. The boy’s and girl’s need to get their separate handouts. All forms are here and can be handed in at the check-out. We’ll be glad to answer any questions.