

# Windsor Cross Country 2026 – Parents/Guardians Info Meeting (rev 8/20/26)

**When: Thurs, Aug 20, 6:30pm-7:15pm at WHS Library**

windsorhighrunning.com/xc

## Is my participation mandatory?

- Your student **WILL NOT** get kicked off the team if you don't come.
- Establishing parent/guardian connections with the coaches and other parents makes a huge difference in the quality of the experience for your student and greatly expands what we can accomplish.
- Your presence at this meeting is an important, tangible way to support what we are doing as a team!  
STUDENTS not required but may attend if necessary!



## Basic Topics Covered:

https://band.us/n/aba5b4a

- Prompt start at 6:30pm! Meet the Coaches, meet other parents – quick intros!
- Communications: How to get announcements and coaches' messages / coach contact info
  - Check **windsorhighrunning.com/xc** for meet specific information! (qr code above!)
  - **Download BAND App** (qr code above) for ongoing announcements! BAND has daily event calendar; website has reference info/ results, etc!
- Go over expectations for participation – this is a competitive team, focus on improvement
  - CONTEXT: We have a YOUNG TEAM – 13 of 32 on the roster are 9<sup>th</sup> or 10<sup>th</sup> graders!
  - Maintain a “C” minimum average (*athletics is a privilege - school comes first!*)
  - Building consistent habits: - at least 4 weekly workouts” “show up – work hard – be a good team mate.”
  - THE FOUNDATION: Use your time wisely, good sleep habits, eat well, hydrate all the time, roll and stretch
- Go over practice and meet schedule
  - HARD DAYS are HARD, EASY DAYS are EASY. Generally speaking...Quality days: Monday. Wednesday morning & afternoon, Saturday; Recovery/easier days Tues, Thurs, Fri; Sunday complete rest
  - Transportation and early release – two mid-week competitions, the remainder on Saturday
  - Different types of competitions – who goes; travel meets – who goes. SPECIAL: Nike PDX and Clovis.
- Donations and Fund Raising – we need to raise at least \$6000 each year to cover expenses
  - Major fundraisers – \$2000 already raised past summer w/ Empire Runners (thanks to a few families/athletes!) **AND “schoolfundr.com” launching next week**
- We want / we need parent **volunteer involvement!** (a few important examples...)
  - #1 Help to conduct our league meet – Windsor hosts! (Tues Sep 22, 4:00-630pm!)
  - #2 Hosting a low-key “pasta dinner” night at homes during the season (possible dates Fri 9/11 (already taken), Tues 10/13, Thurs 11/5) – *best if several parents group together to host*
  - #3 Help Coaches organize End of Season Celebration/Awards event- Thurs, Dec 3
  - #4 Join us for Saturday runs (walk or bike too!) (*always good to have other adults out on the trail!*)
  - **Find links to volunteer sign-up lists on BAND**
- **Team Store** will open again around Sep 1! Link will be sent out via BAND.
- If we have time...where Coach Ruben thinks we stack up versus the competition this season



**Questions?** Contact Coach Ruben DiRado [rodirado@gmail.com](mailto:rodirado@gmail.com), 707-799-7218  
or Coach Williams [jamie.williams@wusd.org](mailto:jamie.williams@wusd.org) or Coach Carlos [charliefire61@gmail.com](mailto:charliefire61@gmail.com)