

WINDSOR HIGH SCHOOL CROSS COUNTRY

INFORMATIONAL MEET FOR ALL PROSPECTIVE TEAM MEMBERS parents/guardians welcome!

WHEN: 6-6:45pm, Thursday, May 28

WHERE: Windsor High, Room B124 next to school library

WHAT TO EXPECT:

- Meet the coaches and teammates!

Head Coach Ruben DiRado, Assistant Coach Jamie Williams and Assistant Coach Carlos Mendez

- Communication – how to get the news on all important events!

BAND app and Website

- Summer Training Plans – where and when to meet!

BAND app and Website

- Marin “mini-camp”: July 28-29 (Girls), July 29-30 (Boys) cost \$30. Sign-up and waiver due July 21.

Will need some parent volunteers to help with transportation each day

- Information about athletic clearance procedure

Key thing: “Home Campus” app signup and athletic physical are due by Monday, Aug 10

- Preview of season competition schedule (and travel meets!)

Fri/Sat SEP 25-26 NIKE PORTLAND XC 20% copay – \$100 per athlete

Top 6 girls + top 6 boys + 2 “coach’s pick” + 3 Coaches – meet is live streamed!

<u>AS 3221</u> Departs Fri, Sep 25 2:52 PM Santa Rosa/Sonoma County, CA Arrives Fri, Sep 25 4:35 PM Portland, OR	<u>AS 3116</u> Departs Sat, Sep 26 7:40 PM Portland, OR Arrives Sat, Sep 26 9:26 PM Santa Rosa/Sonoma County, CA
---	---

Clovis ASICS

Thurs/ Friday October 10/8-9 (race is early on 10/9)