

## 2022 DVCC Girls Booster kickoff meeting

Time: 6pm

Date: 8/9/2022

Location: DV Auditorium

*Please see parent handout for specific links, instructions, contact information.*

### Coach Jessica Shearer

- Coach Amy and Coach Beeks introduced.
- Meet schedule distributed. Schedule is still tentative.
- Woodbridge meet and travel discussed. Parents are welcome to travel and cheer at Woodbridge. More information on Woodbridge will be coming soon.
- All runners will participate in all meets other than Regionals and State which are varsity only meets.
- Communication: TeamSnap will be the number one way that Coach Shearer will be communicating with athletes and parents. This will include training schedule, meet schedule, events, and any quick communication necessary such as practice being cancelled. Coach needs to send you an invitation. If you have not received an invitation, please email Coach Shearer.

Instagram: DVCCgirlsCrosscountry

Booster email: [dvccgirlsboosters@gmail.com](mailto:dvccgirlsboosters@gmail.com)

Coach's email: [Jessica.m.shearer@gmail.com](mailto:Jessica.m.shearer@gmail.com)

TeamSnap: DVCC-Girls (requires coach's invite)

Website: [thundercc.com](http://thundercc.com)

### Rachael Hanania

- Introduced Booster officers Shawna, Brandye, Megan, Rachael, Coach Amy, and Coach Shearer. Thank you to all the parents that have helped in the past and have already raised their hands to help this season. We can't do it without you.

- Booster registration is different than registermyathlete. This is our only way to know how to get ahold of you and your athletes plus dietary concerns, t-shirt size for team shirt, etc. Please complete registration as soon as possible.
- Ways to support the team:
  - Booster fees of \$100 covers:
    - Meet fees
    - Transportation and lodging out of state
    - Team building events
    - T-shirts
    - End of year banquet and events
    - And so much more!
  - Pay by check or Zelle
  - Pay by tonight and get your DVCC sticker free
  - No athlete will be left behind from the team or from meets due to financial hardship. We do have scholarship money to provide for your athlete for meet fees, travel, shoes. Speak to coach confidentiality.
  - Tax credits
  - Separate from boosters. Tax credit forms and info on CC website (select Girls/Boosters/Forms)
    - This money helps with pays assistant coaches out of state meet fees, etc.
  - Fry's community reward program. Giveback from Fry's to cross country every time you shop. Info on website thundercc.com (select Girls/Boosters/Forms)
- Spiritwear
  - Online store for DVCC shirts/sweatshirts. Show your support for your team and a great way to recognize other team parents and fans at meets.
  - Rachael will resend link to order. Link closes 8/15. Order cannot be processed until the order is complete and takes 4 weeks to fulfill order. This is the only time this season you can order these shirts.
  - Anticipate having shirts by second meet. Rachael will distribute to your athlete at practice.

## Brandy

### Volunteer opportunities

- Pasta dinners the night before each meet (team bonding and fueling for their race)
  - Brandy can walk you through this. This is a lot of fun to host, and Brandy has made it easy for you with tips for hosting 35 girls.
  - Team effort: host and co-host who handle main dish. Volunteers to provide other food items. Text, call Brandy with questions. Can borrow tables and chairs as well. Signup genius link will be sent out.

- Snack sign up:
  - Fuel and hydration provided for the girls at every meet. Donations are needed. Instead of collecting individual items this year she is collecting grocery store gift cards. You can sign up to donate a gift card through signup genius. Brandye will send link. We can be more economical and provide for dietary needs better this way with one person shopping. If gift cards are leftover at end of season they can be used for banquet, team party, etc. Look for those links coming out after the meeting.
- Banquet co-chairs needed to head up the banquet at the end of the season. Other volunteers needed. Anticipated date: week of 11/21. Email boosters if you are interested in helping lead the banquet.
- End of year party host already secured. Thank you, Lisa Renda!
  - All are welcome at monthly booster meetings. Date posted on previous booster meeting minutes which can be located on website thundercc.com (select Girls/Boosters)
- Meetings are at 6pm at the Buzzed Goat. Future dates are set at each booster meeting.

### **Shawna**

- Fundraising: It takes a lot to run a championship team. Here are ways you can help.
  - Restaurant nights: girls can hang out and bond, your family can come out, take out is great, share the info with friends and family. Native Grill, Chipotle, Florencia's, Barros, others have helped us in the past. Tentatively 4 nights this season. Dates will be coming soon.
  - Sponsorship: This money helps with meets, out of state travel and so much more. We need your help. If you have a business you would like to promote this is a great way to do that. Please ask your friends and businesses you work with.
    - Business name advertised on a banner at every meet for donations of \$250, \$500, \$1000.
  - Talk to Shawna if you are interested or have questions. Form attached to packet. Fillable form available on website thundercc.com (select Girls/Boosters/Forms)
  - Sole sports day:
    - August 20<sup>th</sup>
    - This is a combined girls/boys team event
    - Parents and athletes go to Sole Sports right after practice
    - Breakfast provided
    - 20% discount for anyone shopping that morning

### **Coach Shearer-Misc. Information**

- Captains announced: Bailee Christofis, Payton Martin, Brooklyn Hanania
- Movie night at coach's house for the athletes this Thursday 6:30pm

- Other team hang outs will be posted on TeamSnap as they are organized
- Pictures are in the process of being coordinated. Waiting on new uniforms before we take those. Date to be announced.
- Rides at races: students will ride on the bus to/from school. If you want to pick up your athlete from a race you can sign them out from coach. Athletes cannot ride home from a race with another athlete.
- Coach emailed info for volunteer process to parents. If you want to help run with the team, etc., there is an official process to follow per district policy. Includes background check and fingerprint clearance cards.
- Waiting to collect \$100 for Woodbridge, you will be notified when we start collecting for this trip. Same process as booster fee: check or Zelle. Checks can be dropped off at Impact Nutrition.
- Workouts will be sent out by coach on Sundays (basic framework below):
  - o Mondays are a quality day: a little longer and harder. Might be a progression run, etc.
  - o 4 groups of runners: A,B,C, and athletes that just started. Everyone runs at their current ability.
  - o Tuesdays are easy runs at conversation pace, shorter duration
  - o Wednesdays: often a hill workout, sometimes Thursdays. Want to focus on strength on hills this season
  - o Thursday: steady run with surges (shuttle run). Teaches runners to regulate speed and learn to make moves in races.
  - o Fridays: on your own. Steady or easy pace, 30 minutes with strides. Morning is preferable.
  - o Saturdays: longer runs. Will meet at different locations until races begin
  - o Sundays: rest!
  - o Encourage your athletes to sleep well and get the right nutrition. Make sure they are packing breakfast and healthy lunch. They probably need to eat more food than they are. Refrigerators are available by the track. Fridge in locker room plus microwave and toaster. Remind them to stay hydrated throughout the day.

### **Questions for Coach Shearer**

**Q:** How do we get better from year to year?

**A:** We want to give as much individual attention as we can. Coach on bike going between groups. Amy and Beeks out running with girls. Looking at how they are each feeling that day, stride, etc.

**Q:** Can girls be allowed to snack during the school day?

**A:** Coach will try to put out a message to teachers to allow athletes have a snack in class

**Q:** Can we avoid 5:15 practices?

**A:** Maybe not. Coach will play around with 5:15-5:30 practice times as some workouts require more time and a majority of the girls have Zero hour strength training so we have to accommodate that as a team. This week we are trying all practices at 5:30

**Q:** nutrition for runners?

**A:** Nutrition suggestions will be posted on Team Snap for parents as suggestions for snacks, grocery shopping, breakfasts to pack, calorie requirements to support their training, etc. On race days, coaches will help girls figure out when they should be eating prior to the race as the schedules vary. Girls should practice eating what sits well in their stomachs with what they have before practices. Time trial on Saturday is a good time to practice pre-race fueling.

**Q:** Is the time trial on Saturday open for parents to come out and see?

**A:** Athletes who are injured or just starting might not participate in time trial. Will be running from DV, route not posted yet. Yes, parents are welcome to come out and cheer.