**2019 OHS Girls XC Spring Parent Meeting**

**Meet the Board**

The Olentangy Girls Cross Country Boosters (OGCCB) was created 5 years ago. The goal was to take some tasks off of the coaching staff so they could focus on coaching the girls. The need to ask parents for money multiple times a season has been taken away. We also work closely with the captains – helping them make important decisions while leading the team.

PRESIDENT- Lori Morris

VICE-PRESIDENT - Michalle DiGiovine

TREASURER - Christine Aucreman

SECRETARY - Jodi Kuri

OAB REPRESENTATIVE - Cathleen Duffy

FUNDRAISING/DONATION REQUESTS – Anne Pasquale

HEAD PHOTOGRAPHER - Anne Pasquale

PASTA DINNER COORDINATOR - Patti Gilligan

VOLUNTEER COORDINATOR – Patti Gilligan

WEB MASTER –

BANQUET PLANNING –

**Booster Fees –** Due by the July 29th Team meeting (but can by earlier)

Incredible efforts made by the booster parents and girls – fundraising, donations from local businesses, being frugal – have made it possible to keep our booster fee low. This year we are asking only $25!

This covers: Camp t-shirt, Campout t-shirt, Snacks & supplies for camp & campout, Chocolate Milk, Senior Banners, Senior Celebration, Senior Gifts, End of year Banquet, Misc. supplies/equipment

**Mailchimp Emails**

The boosters use mailchimp for all XC communication. If you are not getting the messages – let us know. You will miss some important information…

**Team Website**

Check out the team’s website!!! **OlentangygirlsXC.com**

You will find: (As it becomes available)

The summer schedule, Meet schedules & locations, Race results, Meet the team, Upcoming events, Contact Information, Photos

**Remind Messages**

**Girls** – do not miss any messages from your captains!

Please sign up on for the text messages.

Text @h83677a to 81010

**Fit Night**

When: Thursday, May 9th

Time: 6:00-8:00

6:00-7:00 Last names starting with A-J

7:00-8:00 Last names starting with K-Z

Where: Columbus Running Company

50 N. State St.

Westerville, OH

The CRC store is offering:

- 20% off shoes.

$10 for every trainer purchased donated back to your booster program.

$5 towards your booster program for any apparel or sports bras purchased.

Whit’s is offering: (right next door!)

- 10% of total purchases back to the booster program.

**Pasta Dinners**

Each Thursday, before a meet the girls enjoy a pasta dinner provided by some of the XC families.

You can host at your home or a facility that you pick.

Pick a date and join 2 other families to plan, prepare and serve our awesome girls.

A planning form and example menus will be emailed to you – it’s EASY and fun!

**Chocolate Milk**

Chocolate milk is provided for the girls after every race. Chocolate milk **helps** replenish the **muscle** tissue and actually gives you a shorter **recovery** time. It has a beneficial ratio of carbohydrates to protein for **muscle recovery** and rebuilding.  Plus it packs a **nutritional bonus** of calcium, potassium and includes just a little sodium and sugar — additives that help recovering athletes retain water and regain energy.

Please bring 2 gallons in a cooler on the date you sign up for.

A table and cups will be provided at the team campsite.

**Coaches Camp –** Form and fee due during summer practices

Who: The whole team!

When: August 2 - 4, 2019

Where: Camp Lazarus - Boy Scout’s Camp

4422 Columbus Pike

Delaware, OH 43015

Cost: $50 per camper

Join the fun: Running (of course), friends, good food, campfire, skits, laughing, bonding, swimming, movie, etc.

**Camp Out**

Who: The whole team!

When: August 9 - 10

Where: Jessica Morris’ house (may or may not sleep in tents)

Join the fun: Dance party, games, lots of pictures, good food, rock painting, morning run

**Pancake Breakfast/Scavenger Hunt**

Who: The whole team!

When: September 2, 2019

Time: 8:30-

Where: Sydney Jacob’s house

Join us:Eat as many pancakes as you can!

Spend time with your friends-

Participate in a fun and exciting scavenger hunt around the neighborhood- (only going to homes of families we know)

Who will be the winner?!?

**Volunteer Opportunities**

Over the years we have partnered with the Delaware United Way Women’s Leadership Network. We have helped at the Free Summer Lunch Program. This year we are exploring new and exciting volunteer opportunities for our girls to participate in! Details will be sent out as they are confirmed.

**Buddy Gifts**

Before the start of the season the girls will each be assigned a “secret buddy”. They will fill out a form asking for their favorite: color, candy, animal, drink, etc. Each Saturday of a meet they will then bring a SMALL gift for their buddy. The last meet of the season they bring a bigger gift and reveal who they are.

**Team Bonding**

The captains are planning monthly team bonding activities to get the girls together. Details will be sent out as they are confirmed.

**Friday Practice Themes**

Each Friday practice will have a different theme. By the Monday of each week the captains will announce the theme. All of the girls will then put together a costume to wear to practice that Friday.

**Practice Carpooling**

We practice off the school campus most of the time. Practice begins at 3:00 and ends at 5:00 pm. Our usual practice locations are: Highbanks Metro Park (Big Meadows shelters at the bottom of the park), Alum Creek Below Dam Picnic Area, Alum Creek State Park Beach, Alum Creek State Park Marina (located at the east end of Hollenback Rd.), and possibly Liberty Park. In order to get to these locations, we have the girls carpool with our older athletes. Each of our drivers are carefully instructed about their responsibilities at drivers and each rider is instructed about not being a distraction to the driver. Parents then pick-up at the practice location. Most Friday practices are held at the school and end early, usually around 4:15 pm. Practice schedules will be emailed out on Thursday evenings most times.

**Meet expectations**

Meet expectations are in the Guidelines and Expectations. The athletes are expected to ride the bus unless other arrangements have been made in advance. Parents should not be in the tent or camp area 45 minutes before a race and 30 minutes after a race. The team needs this time to properly prepare as a team for their race. Following the meet, parents are allowed to sign their athlete out in the tent area before leaving the meet. When there are multiple races, the girls are expected to remain at the meet to cheer and support their teammates.

**Running Logs and Mileage Expectations**

The girls are expected to keep a running log for their summer running. It starts as soon as their spring sports season ends even though the log starts with May 21st. It is hoped that each member of the team will log 200 miles for the summer. The minimum is 150 but 200 is the main goal with 250 or more for the girls that are returning runners. These miles are critical in keeping the girls from getting injuries and preparing them for the rigors of the fall workouts beginning on August 1st. There are allowance for other forms of working out. Swimming 1 mile equals 2 miles running and biking 3 miles equals 1 mile of running. It is easier if they come to the summer conditioning and are able to run with other teammates. They will not be able to get all of their miles completed by coming just to the conditioning sessions. They have to do some outside of these sessions. Please encourage the girls to run these miles. They are so important for success in the fall. A quote from Coach Moran (who coached at OHS for many years) is “Summer miles bring fall smiles.” This quote is so true!!! I will collect the logs on August 1st at our first mandatory practice.

If you have any questions, please feel free to email or call Coach Dewese at [dwight\_dewese@olsd.us](mailto:dwight_dewese@olsd.us) or 614-561-4907.