



Freshman Meeting 2015 – Take Aways

- Coaching Staff
 - Dan Dachelet – Head Coach – coachdashxc@gmail.com, 860 395 8260
 - Colleen Roarty – Asst. Coach, croarty@southingtonschools.org, 860-302-4466
 - Connor Green - Volunteer Asst. Coach
 - Bill Lombardi – Volunteer Asst. Coach
- Contact Information – [Please click on this link and fill out form](#). If you do not want your contact info shared with team, pls email me. I BCC everyone on emails but pass this out so that you can make arrangements for rides. Please fill out form ASAP.
- Communication – My primary way of communicating with parents and student athlete's is through an App called Remind. This is for all pop up information like change of bus etc. If you or your son/daughter do not have text ability please have them email me so we can make arrangements. See print screen at bottom of this document. Note that there is a different sign up for parents and athletes.
- Varsity Program - We are a competitive varsity team. We are not a club. Yes there is a fitness component. That is secondary and should not be the primary reason you're doing this. We are trying to develop into being a top caliber program and need that kind of mentality from the entire squad, regardless of how fast you currently run.
- Freshman races – There are multiple races that freshman can race in just for their age. You will also have opportunity to race on JV and possibly on Varsity. Last year 2 freshman made the Varsity squad.
- We are in one of the most competitive conference in the state and within that Conference the most competitive Division.
 - Affiliation – We compete in the Central Connecticut Conference – mixed size schools and Class LL for states which is largest schools.
 - 2014
 - Conference 5th out of 25 ladies, 9th out of 30 on guys team with 5 All Conference Runners
 - Ladies 8th at state meet, missed state open by one place. Guys had a bad day with injury and finished 16th out of 22
 - Lost 2 girls and 2 boys to graduation. None of the ones we lost ran faster than 5th man at the state meet – so looking to improve.

- No cuts for freshman unless you don't train or try or communicate.
 - Doesn't matter how fast or slow. You may not be able to run off campus if you can't keep up with a training group. This is a safety issue.
- Your XC season is a success or failure before you step foot on campus in the fall. IT IS IMPERATIVE THAT YOU TRAIN OVER THE SUMMER. NOT DOING THIS IS GROUNDS FOR BEING CUT.
 - You will be sent a very specific training program that details what to do every day.
 - You will log your daily mileage into a website (or your phone) which I check daily.
 - If you are traveling and there is no possibility to run in a gym or around town, let me know ahead of time.
- Mileage
 - Will be low and will build to 25-30 miles per week
 - 2 days off per week.
 - Although you are getting a reward, the expectation is that you do this.
 - You'll know exactly what to do each week in terms of mileage and specifics on workout.
- Blue Mile Club - If you complete all of your assigned mileage during the summer, you'll earn a t-shirt and will join the Blue Mile Club.
- Uniforms – Will be issued in the fall. You will have an opportunity to buy one as well which allows you not to turn in uniform at the end of xc, indoor and outdoor track.
- Team Week - Monday Aug 24th – Wednesday 26th
 - Not mandatory but highly recommended. We meet for about 5 hours each day to do team building, have guest speakers and run. Very fun time and helps freshman develop a core group of friends before the first day of school
 - 8 a.m. on Monday August 24th will be a 2 mile time trial on the track. If you miss this, you'll make it up.
 - [Briarwood Invitational](#) – A new cross country meet for us that goes on 9/18/15 in Philadelphia, PA. This is our first overnight meet. I will bring top 14 girls and top 14 boys based on this time trial. Cost will be around \$200 per kid. I will have hotel info for parents soon.
- XC Stats
 - This is our primary means of communicating and keeping tabs on athlete performance and training. See links. All athletes should have their own email for

logging on. Parents should be added to the XC Stats as well. Athletes must add parents. Cell phones should be added as well. Info on flyer.

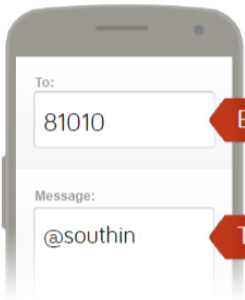
- [General info for signing up.](#) YOU MUST REPLY TO AUTOMATIC EMAIL WITHIN 24 HOURS OR YOU'LL HAVE TO SIGN UP AGAIN. PLS CHECK YOUR JUNK MAIL
- [How to set up Communication preferences](#) – pls add text, email etc for parent and athlete.
- [Here's how to log your miles on your phone.](#) – preferred and simplest way to stay on top of this.
- Mileage over the summer will be logged into XC stats. Simplest way to do it is through mobile phone. See flyer. Please do this daily and not try and catch up.
- Summer Fun Runs – upperclassman to push out.
- Conditioning/weight training etc. will send out more as summer progresses
 - We will be doing this when school starts and expectation is that you are fit when you show up for the year.
- Communication – **Barring a few areas, all communication about workouts, trips, personal things, parent questions about whatever, should come through the athlete and not the parent.** This is a departure from Middle School but the student-athletes need to develop their own voice. Please give them this opportunity. More often than not, they step up and are great with this.
- Freshman buddies will be assigned at a later date. They will reach out to you via email or text. Please get back with them.

Coach Dash would like you to join Southington XC Student Athletes!



To receive messages via text, text @southin to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe @southin'.

Trouble using 81010? Try texting @southin to (860) 322-5477 instead.



Enter this number

Text this message

*Standard text message rates apply.

Or to receive messages via email, send an email to southin@mail.remind.com. To unsubscribe, reply with 'unsubscribe' in the subject line.



Coach Dash would like you to join
Southington XC Parents!



To receive messages via text, text
@southing to **81010**. You can opt-
out of messages at anytime by
replying, 'unsubscribe @southing'.

Trouble using 81010? Try texting
@southing to (860) 322-5477
instead.



Enter this number

Text this message

*Standard text message rates apply.

Or to receive messages via email, send
an email to **southing@mail.remind.com**.
To unsubscribe, reply with 'unsubscribe' in
the subject line.

