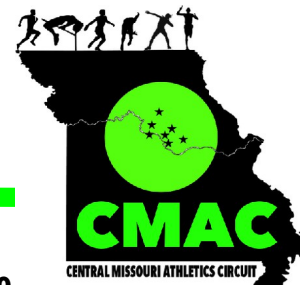


CHOOSING TO BE A LEADER OF A GROUP AT NATIONALS? GREAT! THESE ARE THE DUTIES.



Parents & Coaches,

Thank you so much for agreeing to be a group leader at Nationals. We want this to be a positive experience for all the kids and families so the more organized we can be, the better. This trip certainly wouldn't be possible without each of you stepping up and helping out. What follows is a brief outline of what will be expected of you in your group leader duty throughout the trip. We worked out several kinks from last year, so this year should run more smoothly being our second attempt. However, there are ALWAYS improvements that can be made. We'll be in tune and catch many tweaks that need to happen, but PLEASE let us know your thoughts throughout and after the trip, too.

COURSE WALK

- ★ Study the map and have a good idea of how it goes before arriving at the course.
- ★ 2k: walk the first ½ mile or so then jog the rest
3k, 4k, 5k: walk the first mile or so then jog the rest
- ★ Point out a single target landmark/place to aim from box on starting line, tangents, holes, tricky turns, hills, halfway point, 300-400m til finish
- ★ Keep everyone together; nobody ahead of you. NOBODY. There are no medals being handed out at the end of the course walk/jog!
- ★ Make sure they are having fun and interacting with all their teammates, while also paying good attention to the course and your instructions.
- ★ Parents can come along but should not interfere with coach's instructions.

BOWLING

- ★ Gather your group, make sure everyone gets shoes, get a few balls for your lane, and enter everyone in the lineup.
- ★ We'd like to have genders of the same age group in adjacent lanes.
- ★ Keep everyone's toes safe please!

TEAM MEAL & MEETING

- ★ Gather your group up again and get a count of kids. Report that number to Camren.
- ★ Sit together during the meal.
- ★ Make sure nothing ridiculously unhealthy (e.g. 4 trips to the dessert bar) is going in their bodies.
- ★ Make sure everyone in your group knows they are to find you in the morning.
- ★ Reinforce arrival time of 1.5 hours before race and where to meet.
- ★ Arrive ready to race: singlet with bib number attached, black shorts, running shoes on feet, warmups over the uniform, spikes in a bag ready to go if they are going to use them.

RACE DAY

1 HOUR BEFORE RACE TIME

- ★ Check your list of athletes and make sure everyone is at the course. If not, call the number listed and see where they're at.
- ★ You don't need to take them to warm up yet, just make sure they stay somewhat gathered up so you don't have to hunt anybody down at the last minute.

30 MINUTES BEFORE RACE TIME

- ★ Take them to the bathroom as a group, non-negotiable!!
- ★ Make sure they have on their black shorts and singlet underneath their warmups.
- ★ Make sure all they have underneath their shorts/singlets is their performance gear.
- ★ Make sure bibs are pinned securely on singlets.
- ★ Take them on an 8-10 minute warmup jog. Keep it a JOG Nobody passes you. MAKE SURE THEY ARE TALKING AND HAVING FUN.

15 MINUTES BEFORE RACE TIME

- ★ Return to the starting line. Find our box. Lead the kids in 4-6 x 50-80m strides/accelerations. Keep warmups on.
- ★ There should be no CMAC parents at the starting line – and they all know that. If parents are hovering, remind them that their child is not as nervous as they are and already knows what to do.
- ★ Reinforce strategic spots on the course, smart start, running middle of the race aggressively – should be passing people, all out from 300-400 to go.

10 MINUTE BEFORE RACE TIME

- ★ Warm ups off, racing shoes on, make sure laces are double knotted and tucked under.
- ★ Make everyone give you a smile :) Reinforce a smart start and hard finish.
- ★ Reinforce a smart, aggressive start and hard finish. Remind them to run hard for the team - every single person they can finish ahead of matters!

5 MINUTES BEFORE RACE TIME

- ★ Step Away!
- ★ Gather up clothes, water bottles, shoes, etc and take them to the finish area.

AFTER THE RACE

- ★ Get the kids back in their warmups and running shoes.
- ★ Collect singlet tops.
- ★ As a treat at nationals, there is no need to do a cool down. They will have the next 2-4 months off for their legs to recover.
- ★ Lead them and their parents over to the awards stand area. Even if there is no chance of placing, we want to encourage the kids and parents to watch for inspiration for next year.