

# CLCS ATHLETICS PARENT MEETING



2019 Fall Season-Cross Country

# Overview



- Introduction of Coaches
- Contact Information
- Practices
- Competitions
- Transportation and Carpool Website
- Concussion Protocol
- 8to18 Website

# Athletic Director

Laura Guge

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# Cross Country Coaches

**Amanda Hinthorne- Head**

Email: [hinth5@gmail.com](mailto:hinth5@gmail.com)

**TBD -Assistant**

# Practices/ Important dates

- Schedule located on athletics website 8to18.com
- Cross Country= Monday-Thursday  
3:30-4:45pm
  - Where: On Campus
- Length of Season for VB and XC
  - August 12- October 19
  - Sports Recognition Night Oct 29 (Tues) Time-TBD

# Competitions



- Schedule located on athletics website
- Both sports compete against a variety of private schools in the surrounding towns and a few D300 schools.
- There will be a home Cross Country Meet on Monday, September 23.

# Cross Country Transportation

- All meets will be right after school, usually starting between 4:00-4:30 pm.
- With a smaller group, we will be using the carpool website more often. Parents that are available please be willing to help! Coaches will be able to use the school van when needed.

# Concussion Protocol

- All coaches are concussion certified through the IESA.
- The protocol is located on the sports website.
- When in doubt, sit them out.
- Doctor's diagnose and clear return-to-play.



# Academics/Behavior

Weekly checks with teachers (Fridays)

- NEW Assist program for students  
**Approaching** and **Developing**
- before or after school additional time

Athletes should be on their best behavior in and out of school

- Role model and representing Cambridge Lakes
- behavior consequences will be case by case basis

# Spirit Wear

- Both sports teams will have a separate spirit wear store.
- All orders are online, look for link closer to season starting.
- Option to personalize
- Please contact managing company directly for problems/questions with orders

# 8to18 Website

- Rosters
- Communication from coaches
- Coach Information
- Schedules/Calendar
- Directions
- Important Announcements
- Helpful links
- Pictures- please email pictures to AD
- computers in back