



HOLT RAMS CROSS COUNTRY

PARENT MEETING INFORMATION

2023



INTRODUCTION / MISSION:

- ★ Thank you for joining the Holt Rams Cross Country Team for the 2023 Season! We are so excited to have you as a part of our program and are looking forward to another great season.
- ★ Everyone has a place here! Everyone who makes the commitment to compete and follows our program expectations makes the team). Our aim is to be highly competitive within our conference, in our region, and throughout the state. We want our athletes to be focused, tough, highly-motivated, goal-oriented, well-rounded, and positive people of high character. Each year, we want to build a balanced, championship level team on both sides. Our goal - through hard work, focus, dedication, and preparation - is to develop ALL athletes and help them optimize their personal potential.
- ★ We strive to make cross country a positive experience for every athlete on our team. Each member of our program is important: from the individuals who are challenging for conference, regional, and state titles to the individuals who are trying to find a place to belong.

CORE VALUES:

Our CORE Values are simple and straightforward and are the foundation of EVERYTHING that we do in our program

- **C** = Communication
- **O** = Optimistic Outlook (Growth Mindset)
- **R** = Respect & Responsibility
- **E** = Enthusiastic Effort

EXPECTATIONS / STANDARDS:

We do not have "rules" in our program - we have expectations and standards.

1. Show Up and Be Available.
2. Give YOUR Best.
3. Have Balance and Purpose
4. Find Joy / Have Productive Fun.
5. Be a Great Person and HOLT RAM.

BLAST - COMMUNICATION PLATFORM:

- The HPS Athletic Department has issued that ALL SPORTS will utilize BLAST as their communication platform.
- There are many great features that this program/platform provides with easy access from sport to sport.
- However, at this time, BLAST has separate team sites for MEN'S XC and WOMEN'S XC.
- We are trying to work with HPS Athletics and BLAST to COMBINE the XC sites (like we have in BAND).
- Athletes on the MEN'S TEAM can access this site using the link above to start your profile and connect.
- We will transition information and communication from BAND to BLAST over the next couple of weeks.

BLAST SIGN-UP LINKS:

- [Men's Team](https://www.blastathletics.com/teams/89873) <https://www.blastathletics.com/teams/89873>
- [Women's Team](https://www.blastathletics.com/teams/89874-holt-high-school-girls-cross-country-2023-2024) <https://www.blastathletics.com/teams/89874-holt-high-school-girls-cross-country-2023-2024>

TRANSPORTATION:

- HPS / Holt Athletic is providing transportation (bus) TO and FROM meets/races (Monday - Friday).
- We will not have transportation for Saturday meets/races → Athletes/Families need to secure their own safe transportation.
- It is the expectation that athletes take the bus TO and FROM meets/races when provided.
- We can shift to ONE-WAY transportation if ATHLETES and PARENTS would like to ride together from meets (consensus).
- It is not cost effective to send a bus to a meet, have them wait ON THE CLOCK, and then take an empty bus back.

ACADEMICS:

1. Currently passing $\frac{2}{3}$ (67%) of their classes (4 out of 6 classes).
 2. Have a minimum GPA of 1.67 (cumulative and/or overall).
 3. Be ON TRACK to graduate with their academic class.
- ★ ANY athletes who do not meet one or more of the above CRITERIA (minimum standards) will be placed on ACADEMIC INTERVENTION and will be required to complete WEEKLY PROGRESS REPORTS.
 - ★ Any athlete who will be on ACADEMIC INTERVENTION will be contacted directly by the ATHLETIC DEPARTMENT.

UNIFORMS:

- Each year, the HRXC Team chooses a unique jersey top to purchase and wear throughout the season.
- This year, we will also purchase shorts to coordinate with jersey tops.
- Total Cost = \$15-\$25 (could be more depending on design and material(s) cost).
- Online order forms will be uploaded to BLAST and are due on FRIDAY - 8/18
- We will wear one of the team uniform sets that we keep in storage until the custom uniforms are ready.

VARSITY LETTER:

An athlete will earn their VARSITY LETTER if they meet one or more of the following criteria:

- Compete in 75% of the VARSITY competitions.
- Score in the Conference Meet.
- Compete at the Regional Meet.
- Compete at the Greater Lansing Honor Roll.
- Compete at the State Finals.
- ★ The Head Coaches will have the final decision.

SENIOR NIGHT:

- We will have our Senior Night Celebration on Thursday, October 19, 2023
- It will start immediately after the CAAC-Blue Individual and Team Awards.
- If you are interested in helping in any capacity please contact either of the HEAD COACHES or the BOOSTER REPS.

PARENT VOLUNTEERS

How can I get involved as a parent?

- Support all athletes.
- Volunteer to work meets.
- Transport and/or setup Team Camp.
- Get involved with Boosters.
- Concessions Nights (Football Games)
 - Men's Team 8/31 vs. Swartz Creek
 - Women's Team 9/8 vs. Grand Ledge (Homecoming)

CLOTHING ORDER:

- There are FAN STORES available on BLAST for Holt Rams XC Gear.
- D&M Silkscreening in Holt is also a great spot to find Holt Rams Gear for All Athletics.

PARENT HOMEWORK / THOUGHTS

1. What is one reasonable and measurable goal that you want to have for your athlete(s) in HRXC this year?
2. What is one reasonable and measurable goal that you want to have for all athletes in HRXC this year?
3. What do you want your athlete(s)' experience to be like if they can't accomplish any of the goals that you have for them?
4. What do you want your experience to be like as a parent?
5. What can you do to help create that experience for other parents?
6. What can the coaches/HPS staff do to help facilitate that experience?

HELPFUL ACTIONS:

1. Communicate absences in advance.
2. Be where your feet are.
3. Represent yourself and the program well.

QUESTIONS:

- What information do you need?
- What did we miss?
- What would you like to see?
- How can we help?

CONTACT INFO:

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It's going to be a GREAT YEAR for HOLT RAMS CROSS COUNTRY!