



Parent Meeting  
Cross-Country 2023





# Today's Talking Points

1. BEING CC—What is it, who are we?
2. Our Legacy of Excellence
3. Expectations for Athletes
4. Keeping Healthy
5. Team Gear and Team Store
6. Important Dates, Meets, SATs, ACTs
7. Overnight Invitationals
8. Parent Support
9. Fund Raising Needs, Expectations, Obligations
10. Mustang 5K





Being CC:  
Gateway Conference JV Champions





# Junkyard Dawgs

Working hard to  
become  
better...one step at  
a time







“Being CC”  
Schmitty Tough



We train to be the best  
when the best is most  
needed

# WHAT IS CROSS-COUNTRY?

*“Blood, sweat and tears...”  
5000m over grass, dirt, mud...*

*“Everybody Counts...”  
5 score—2 displace—everyone  
pushes and pulls*

**All eligible  
runners can  
compete in our  
meets**







Who I am? Who are We?

**Jim Schmitt:** Head Boys and Girls Cross-Country

USATF Level I certification; USTFCCCA T&F Technical Certification ; USTFCCA Endurance Specialist Certification  
Coaching for 30 years in Duval County

**Assistant Coaches**

Theresa Varney, Girls  
Sarah Jane Smith, Boys



Building a  
legacy- Leaving  
footprints





## Legacy Program

### Gateway Conference Champions

Boys: 3 Straight; 13 in a row from 2005-2017

Girls: 5 Straight; 13 of last 18 championships

### State Series

Multiple District Championships and Regional Championships

State Championship Qualifiers

Boys: 10/15 from 2007-2022

Girls: 10/15 from 2007-2022 (5 straight)

### Top 5 State Finishes

Boys: State Runners-Up in 2012, 4<sup>th</sup> in 2013, 3<sup>rd</sup> in 2014, 4<sup>th</sup> in 2015

Girls: 5<sup>th</sup> in 2020





# Team Expectations

**DO nothing that identifies you as an individual**

- Attend Practice
- Communicate with Coach
- Be the Best in Class
- Dress the Part – School
  - Team Tee Shirts
  - Team Polo's
  - Professional Dress
- Travel Dress Code
  - Local Meets: Warm-ups; team tee
  - Overnight: Ties, Dress Pants, Shoes; Dresses
- Consequences
  - Missed meets
  - Suspension from team and practice
  - Removal from team





Practices are never optional. Or cancelled

Monday-Thursday @ 3:30PM-5:30ish.

Team Meeting after school on Monday

Wednesdays are at Trails or Fort Caroline.

Saturdays vary (carpools)





# Meet Expectations

- **Athletes remain in team camp** when not warming up for events; **parents are expected** to allow the boys to prepare together for their meets.
- Athletes are to remain focused on their races and their teams until they are dismissed from the meet.
- Athletes may leave with parents with prior approval.



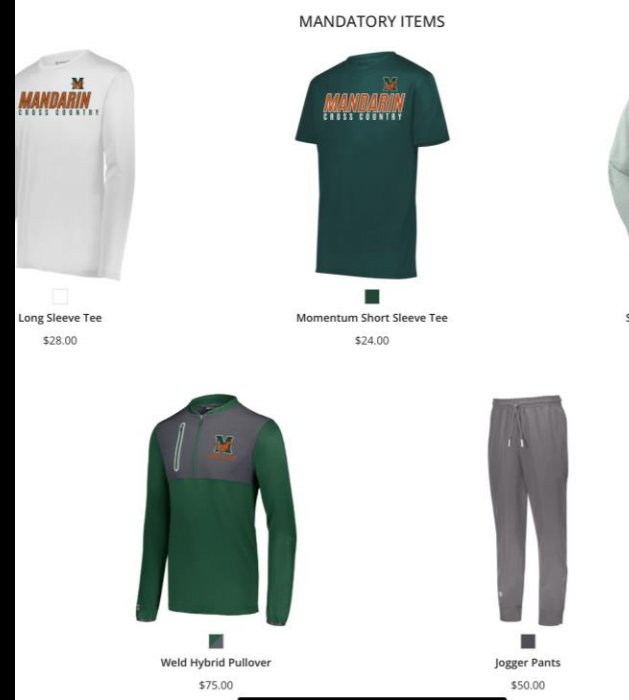
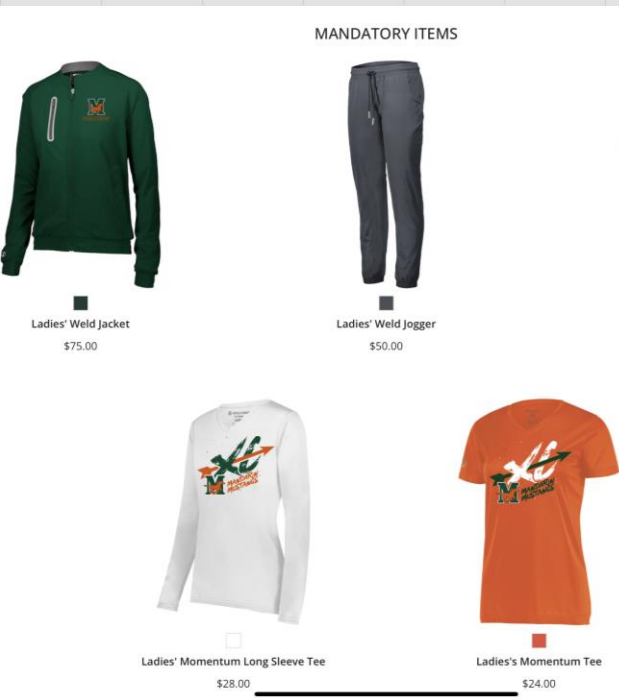




# Keeping them Healthy

1. New Shoes
2. Nutrition
  1. Fuel and Power—Carbs and Proteins
3. Recovery
  - Ice
  - ibuprofen
  - Milk or Gatorade
4. Water always and everywhere
5. Seeking medical opinions
  - Coaching Staff
  - School Trainer
  - Orthopedic Docs, Chiropractors, Podiatrists





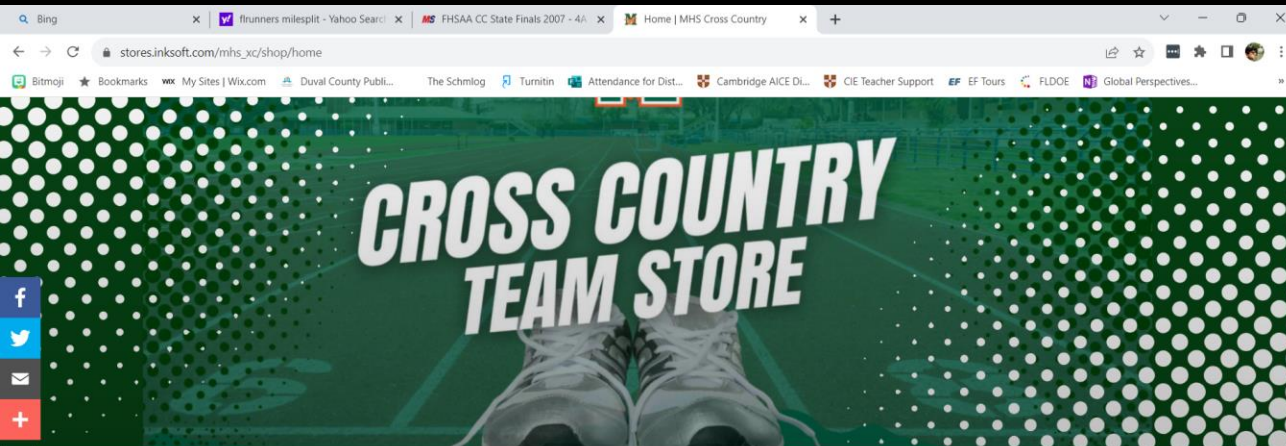
# Team Store Purchases

## Team Gear

- Team Tees
- Team Warmups
- School/travel shirts

## Optional Items

- Parent Tee Shirts



Order today! Boys and Girls stores will close Wednesday, August 9th.

All orders will be delivered to the school for distribution.







# Meet Schedule

**First Meet Date:** August 19- Pre-Season

**Home Meets:** Tuesdays - August 30 and October 4<sup>th</sup> (Senior Parent Day)

**Travel Invitationals:** 9/9 - Carrollton; 9/22 - NC; 9/29 - FSU

**Invitationals:** 9/2: Gainesville; 9/16: Bishop Kenny; 10/7: Lake City; 10/14: Cecil Field

**Championship Meets:**

Gateway Conference Meet: October 19

North Florida JV Championship: October 28<sup>th</sup>

District Meet: November 4<sup>\*\*</sup>

Regional Meet (Cecil Field): November 11

State Meet (FSU): November 17





# ACT and SAT Dates

August 26: SAT/ Meet Conflict

September 9: ACT and Meet Conflict (Travel)

**October 6: SAT: Meet Date (seniors should speak to me)**

**October 28<sup>th</sup>: ACT and JV Championship (Good Date)**

November 4: SAT and District CHAMPIONSHIP  
(very bad date)

**December 2: SAT: Great date for testing/First day of Track Conditioning**



# Overnight Invitationals

Competitive meets in Georgia, North Carolina, and Tallahassee

**GA: Carrollton Invitational:** Sept. 8-9: Hampton Inn on (102 South Cottage Hill Road, Carrollton)

**NC: Hare and Hounds Invitational** @ McAlpine Sept. 22-23: North Carolina – Wingate by Wyndham (2001 Mount Harmony Church Road, Matthews, NC)

**TALLY: Florida Pre-State:** Sept. 28-29<sup>th</sup>: Tallahassee Holiday Inn Express East (Raymond Diehl Road)

Parent Support for Traveling—Road Warriors

Booster Pays for athlete travel

Top 16 eligible athletes







Parents are the  
heart of our team

Road Warriors

Supporting the team

Fundraising

Coordinating

Putting up with Coach's  
Rules

Taking away the distractions

Making it work





# Parent Coordination and Communication

- **Jennifer and Teresa**
  - Communication through our Parent Network
  - Volunteers and Such
  - Sign up for Volunteering online
- [www.mandarincrosscountry.com](http://www.mandarincrosscountry.com)
- Heja and team group chat
  - Drivers and support



## Fund Raising

- Team Water Stations
- School Booster Club Membership
- 5K Community Athletics and Alumni Run
- Team Sponsorship Program
- Vertical Raise





# Corporate Sponsorship Opportunities



Please reach out to Coach Smith if you or any of your connections are interested in learning more

**M MANDARIN CROSS COUNTRY**

## Sponsorship OPPORTUNITIES

\$250 BRONZE PACKAGE	\$350 SILVER PACKAGE	\$500 GOLD PACKAGE
<ul style="list-style-type: none"><li>Recognition on Team Website - linkable logo</li><li>Logo on the back of Team T-shirt</li><li>Logo placed on team tent banner, displayed at all meets</li><li>Branded Marketing Material sent to Team Contact list</li></ul>	<ul style="list-style-type: none"><li>Recognition on Team Website - linkable logo</li><li>Logo on the back of Team T-shirt</li><li>Logo placed on team tent banner, displayed at all meets</li><li>Branded Marketing Material sent to Team Contact list</li><li>Opportunity to speak or share information at team parent events.</li><li>Feature on Team Instagram account and blog.</li><li>5x7 sponsor plaque</li></ul>	<ul style="list-style-type: none"><li>Recognition on Team Website - linkable logo</li><li>Logo on the back of Team T-shirt</li><li>Logo placed on team tent banner, displayed at all meets</li><li>Branded Marketing Material sent to Team Contact list</li><li>Opportunity to speak or share information at team parent events.</li><li>Feature on Team Instagram account and blog.</li><li>Recognition at Mile Markers at all home meets.</li><li>"Team Day" at your business</li><li>8x10 sponsor plaque</li></ul>

Ready to sponsor? Email Coach Smith at [smiths25@duvalschools.org](mailto:smiths25@duvalschools.org)  
In-Kind donations and custom packages are always welcome!

Visit our website [www.MandarinCrossCountry.com](http://www.MandarinCrossCountry.com) to learn more about our team.



# Season Kickoff Fundraiser with Vertical Raise



- AUGUST 8TH – 21ST
- Your child should have registered and sent you a text today to connect.
- Please help by sharing on social media and helping them spread the word through at least 20 quality emails or texts.

## GROUP SUMMARY (2)

NAME	PARENT SHARES	EMAIL	FACEBOOK	SMS	TOTAL SUPPORTERS	TOTAL RAISED
UNBREAKABLE Girls Cross Country Team	13	40	0	0	8	\$565
WORLD FAMOUS Boys Cross Country Team	2	39	0	10	1	\$10

## REGISTERED PARTICIPANTS (17)





Focus on the  
“Raindrops” – We  
start on Saturday

“I just never let a raindrop  
get between the discus and  
my fingers...”

– Andrew Evans, Olympic Thrower

A most predictable  
sport

Sign up for the  
Mustang 5K