



"What should we expect and how best can I support my athlete?"

The Parent Handbook is your best resource and covers all things Mandarin Cross Country. Please read through the [handbook](#), paying specific attention to:

1. Athlete expectations - for both summer and in season.
2. Required Equipment/gear
3. Food & Nutrition Guidelines
4. Injury Prevention & Recovery

Reach out to coaches with any questions/concerns. Rely on lead parents/experienced parents for support as well. We are family, all working together for the good of the team.

"When and where do we need to be?"

Regularly visit Team [WEBSITE](#) (quick links and our "schedule" page)

Monthly Calendars and the Meet Schedule are all posted on team website for easy access. It is recommended that athletes and parents make themselves familiar with the calendar, doing their best to plan around our scheduled practices/events. This sport is all about consistency and every workout has a purpose. Missed workouts are missed opportunities that play a critical role in athlete development.

Day to day communication about practice and any changes in schedule will be sent out on team Heja app. If you have not joined, our team Heja code is UX-614049

"We are new...What do I need to buy?"

2 things: Shoes and a GPS watch for tracking mileage and pace

[First Place Sports](#) is a great place to start. Their running experts do a free fitting/evaluation to help you decide which type of shoe is best for the way your body runs and they have many options to try on in stock. Even if you do not intend to buy from them, at least go do a fitting to be more knowledgeable of what works for you.

*Mandarin athletes receive a discount if you just tell them at the counter.

[Running Warehouse](#) is another great online option once you know what you need.

Read through [Fuad's Shoes 101](#) for insightful information to help you understand what you're purchasing.

Our Lead Team Parents are a great resource and can provide an experienced perspective on our season and program. Please reach out to either Coach Schmitt or our lead parents with any questions or concerns.