



## What can parents do to help the XC team?

A question we often get from parents is "How can we help the team?"

In addition to your vocal support, and all you do to get your son/daughter to and from practices and meets, here are some things you can do:

1. **Buy Team Snacks.** Research has proven that the first 30 minutes after strenuous exercise is an effective time to replenish the body. The best post-exercise foods contain protein and/or carbohydrates. Here are items we'd like to have:

- Bags of pretzels (low-fat, mini pretzels)
- Cans/Bags of Gatorade Powder Mix
- Granola Bars (peanut free)
- Apples, oranges, and bananas
- Granola Mix (raisins, peanut product free)
- Snack crackers
- Plastic cups
- Other snack items you find to be healthy

The coaches will store snacks and ration as needed for meets. Please remember to buy only approved peanut free and peanut factory free snacks listed on the approved handout. This handout can be found on the team website.

2. **Help set up team tent at meets.** We're going to assign several kids to do this each time, but they can always use supervision. The team tent was new last year and we want to keep it in excellent condition.
3. **Help patrol team members.** Please let coaches know if team members are straying, or doing things they shouldn't be doing. Remind kids to keep their gear in the team tent. Encourage team members to clean up trash, gather their belongings, and leave the area clean after meets.
4. **Wear a team shirt.** If you would like to order a team shirt, just add your order to your runner's order. If you would like to make a banner to fly at meets, that's always fun - and motivating - for the kids.
5. **Tell your friends and family members about the WRMS Cross Country program.** These athletes work hard and can use all the support they can get. Plus, more people learn about the cross country team, the more interest kids will have in joining and the stronger the team will become over time.