

Parent Informational Meeting

1. Introductions

COACHES

Head Coach Kristi Shea | 907-315-2424; kristi.shea@matsuk12.us

Head Coach Shawn Vantassel | 907-315-8595; shawnvantassel@hotmail.com

Assistant Coach Tim LeCount | 907-707-9462; timothy.lecount@matsuk12.us

Volunteer Coach Charlie Yoder | 907-355-2848; clyoder907@gmail.com

2. Forms of communication: Remind, Facebook, Instagram, Colony Cross Country website, emails, texts.

3. Meets

- a. Expectations
- b. Meets
- c. Wasilla
- d. Soldotna– overnight
- e. Colony
- f. Homer– overnight
- g. Palmer
- h. Seward
- i. Chugiak
- j. Seward | Regions– overnight (everyone goes)
- k. Palmer | State

4. Volunteer opportunities:

- Mowing, Friday August 25
- 7-8 parents- handing out uniforms (Thursday, August 10; 1-3PM)
- parent volunteer drivers,
- 5 homes- team dinners,
- snack parent(s)- 1-2 parents
- 5-6 parents- The Knight Invite (Tuesday, Sept 19),
- 2-3 parents- team banquet (Thursday, October 12) and uniform return

5. Coaching philosophy

6. Team Expectations

- a. Check in when absent- Shea

7. Lettering- 1) run for Colony for 4 years & in good standing, 2) run for varsity for at least two meets throughout the season.

8. Google Classroom Code: xls2fpv