

## TOP 10 TIPS FOR CROSS COUNTRY PARENTS

1. Wear running shoes to meets. You may be running from place to place.
2. Because you may be running from viewing spot to viewing spot, do not bring much to carry. Travel light!
3. Arrive early so you can locate the starting line, finish line, and some viewing spots. Even if you do not move around, you won't want to miss out on the beginning and end of the race.
4. Attend the meets. Watch, Cheer, Encourage.
5. Look for parents wearing Freeport Blue and Gold T-Shirts and join with them to cheer on and encourage the Yellowjackets.
6. Eat before you arrive. Many XC venues have no concessions and sometimes no restrooms.
7. Do not expect your athletes to run into your arms at the end of the race. They need to calm down and cool down. Wait for your athlete to come to you. This is not the time to criticize.
8. Pay attention to what is going on around you. Do not interfere with the race course.
9. Send food and water with your child. It may be a long time on the bus before they finally get home from a meet. Also, send money in case we stop after the meet for food or ice cream. Also, make sure their Go-Bag is properly filled.
10. Know that the end of the year picnic is a time to celebrate the efforts of our athletes, honoring each of them for their commitment to the sport of cross country. Enjoy the season.