

**Pack Club Meeting** (The Parent Club that Rocks this Team!)

Tuesday, 6.13.17

Veteran's Park, 7:00pm

Welcome by Laurie Ferro, Pack Club President

Introduction of Officers

Attendee's introduced themselves and identified their runner.

Mentor Cross Country Website: [mentorcrosscountry.com](http://mentorcrosscountry.com)

All information about the team is on this website, Calendar, Volunteering, Photos, races, Baum's page link, Check it out!!

Treasurer Report: Dan Wolf, Co-Treasurer

Pack Club Account: \$4,449.84

Coach's Report: Sarah Parcell, Assistant Coach ([parcell@mentorschool.org](mailto:parcell@mentorschool.org))

Summer Running: M.W.F. 8-9:30am Veteran's Park, Mentor

T.TH. 8-9:00pm Wildwood Park, Mentor (no adult supervision, usually upper classmen/women)

Keep track of your mileage, Coach Dennison will record weekly miles and days off. If you run at Veteran's Park there will be a clipboard to record your miles. If you run on own, e-mail coaches weekly and send miles and days off. This will help them gauge where you are.

Final Forms: Please update

Current Items

Summer Fund Raiser: Tickets \$5 each, based on Ohio Pick 3 evening drawing for July.

Runners are requested to sell 15 tickets each

Highest Seller receives a \$25 gift card

All sellers of 15 tickets put in a drawing for \$50 gift card

If your runner does not have a ticket packet please contact Laurie Ferro:

[jimlaurief@aol.com](mailto:jimlaurief@aol.com) or Jennifer Sweda: [jsweda@gmail.com](mailto:jsweda@gmail.com)

MHS Cross Country Pack Club

Families are encouraged to join and volunteer.

Membership forms available from Betsy Oddo: [oddo6@oh.rr.com](mailto:oddo6@oh.rr.com)

Spirit Wear: Rick Prayner

Have car magnets now for \$5 each.

Putting together a list of items that will be available to show your Mentor XC Spirit!

(Have any item ideas? Let us know ASAP) Items may include:

Backpacks  
Winter hats  
Baseball caps  
¾ Zip Jackets  
Wind pants

Jackets  
Sweatshirts  
T-shirts, short and long sleeve  
Headbands

## Upcoming Items

Friday Night Lights 5K: Friday, July 14, 9:00 pm, Fundraiser for the team. Team members run or volunteer. Parents can run and volunteer.

### Cross Country Camp: Tuesday, July 18- Saturday, July 22

Need Parent volunteer to coordinate food, contact Laurie Ferro, if interested

Parent Volunteers to help with food

Cutting up fruit, bagels, mixing Gatorade, lemonade, etc.

Overseeing tables at snack time, clean up

Need Parent Volunteers to help with race day, reading 1 mile, 2 mile splits, water tables, directing runners.

Rock Hall Half Marathon and 5K: Sunday, August 20. Need volunteers at water stops, this is a fundraiser for the team.

### Season:

August 2: (Wednesday) First Mandatory practice, 8-10 am at Mentor High School. All forms and physicals must be submitted by this day.

Practices will be in the mornings until school starts August 17. Then practices will be at 3:30-5:30. Two days a week the runners will start at 2:45 in the weight room at the high school for weight conditioning. Girls M.W. and Boys T.TH.

August 10: (Thursday)(no am practice) "500 mile relay" at Garfield Park (our home course) 2:00pm-8:00pm. Runners clean up the course, run (they do not run 500 miles), swim and get to know each other.

**Mandatory parent meeting at 7:00pm**

August 14: Pasta Dinner at Mentor High School Cafeteria 5:00-7:00pm. Each runner is required to sell 5 dinner tickets. We also need donations for baskets and items to Raffle. This dinner is the same night as the 7:00pm **mandatory** parent OHSSA meeting in the Fine Arts Center.

August 15: Time Trials and Family Picnic at Lake Metroparks Penitentiary Glen. This is a 5K race organized by NERC (North East Running Club). This race is the "Set Point" for the runner's season. The top 7 finishers run varsity at the first race of the season. Afterwards we have a family picnic. Grilled meat will be provided and families will bring food assigned by grade level/gender.

September 2: Volunteers needed for our home invitational the "Cardinal Classic" (Mentor Invitational) we need parent volunteers for Parking (paid) and concessions. Do not worry... you will see your child run! The more hands to help the better! Also each runner will be responsible for donating water, Gatorade or soda for the concessions. These assignments will be designated at a later date... usually by gender/grade level.

Meet Food: This is food prepared by parents for the runners for after the meets. Each runner gets a Gatorade, a sandwich, a snack and a fruit. Joy and Paul Cimino will coordinate this. Every family contributes to this. Families will sign up for two to three “slots” to provide a portion of the food for the meets.

Cardinal Parent Club: the Mentor High School Athletic Parent club. They provide the window signs for all athletes. They help pay for the “Senior Photo Signs”, they contribute to uniform purchases, and they will pay for one meal for a team that is traveling far from home, as well as other things. Please attend and consider joining this Parent Club.

Websites to check in on:

[GreaterclevelandXC.com](http://GreaterclevelandXC.com)

[Lakehealthrunning.com](http://Lakehealthrunning.com)

[Baumspage.com](http://Baumspage.com)

The Pack Club is purchasing a Plaque for retiring Coach, Craig Nieset. He was an inspirational member of our coaching staff and the runners will miss him dearly as he leaves us to spend more time with his “growing-up” family!