

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

Thursday, 8.10.17

Garfield Park, 7:00pm

Welcome by Laurie Ferro, Pack Club President

Introduction of Officers

Attendee's introduced themselves and identified their runner(s).

Treasurer Report: Dan Wolf, Co-Treasurer

Pick 3 fundraiser: \$2,001.37

Pack Club Account: \$6,493.92

Coach's Report: Bill Dennison: Head Coach

Discussed his background, and assistant coach's backgrounds.

Sara Parcell: Assistant Coach, Teacher at High School, Runners can come see her if they have questions or bring

Meet Food to her: Rm. A112

Marc Yokum: (our new) Assistant Coach

Time Trials: Lake Metroparks Farm Park, sets season individual PR's and top seven runners for varsity teams.

Final Forms: Please update

Pay to Play: Due August 16<sup>th</sup>

Current Items

MHS Cross Country Pack Club

Started in 1998, the Pack Club provides financial and organizational support to the cross country teams at Mentor High. In addition to providing items such as a tent, coolers, Gatorade, hats and time clocks, the parent group organizes and supports the Cardinal Invitational, Greater Cleveland Cross Country Camp, team pasta dinners and snacks for meets. All families are strongly encouraged to join and volunteer to help our runners have a memorable season.

Membership forms available on the Cross Country website on the resources page.

\$10 per family and there is an optional line to add money for the purchase of Gatorade and water for the meets.

Spirit Wear: Rick Prayner

List of items available to show your Mentor XC Spirit!

Backpacks	T-shirts, short and long sleeve
Winter hats	Fleece blanket
Baseball caps	Pint Glasses
Visors	Car flags
¾ Zip sweatshirt	Car magnets
Hoodies	
Crew neck sweatshirts	

Order forms/prices are on the website under Pack Club.

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 at least two "slots" to provide a portion of the food for the meets. The link to sign up is on the team website.

### Friday Night Pasta Parties

Host or help host a pasta party, for the teams on Friday nights before a meet, 6:00-9:00 p.m. We are combining the boys and girls teams this year for these parties. Provide spaghetti, meatballs, mac-n-cheese, salad, dessert and anything else you would like. If you get a couple families to host together it helps!

MHS XC website: [mentorcrosscountry.com](http://mentorcrosscountry.com)

Joy and Paul Cimino manage the website.

There are links to all forms needed, calendar, meet food sign up,

Spirit wear, Baum's page (shows all meets in Ohio, directions, addresses, course maps)

After the meets a link will be sent via email for you to upload and share any photos you have.

Cardinal Parent Club: (The Mentor High School Athletic Parent Club) They meet the 4<sup>th</sup> Monday of every month at 7:00pm in the Faculty Lounge of MHS. 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. There is a Facebook page:

[www.facebook.com/cardinalparentsclub](http://www.facebook.com/cardinalparentsclub)

### Upcoming Items

August 14: Pasta Dinner at Mentor High School Cafeteria 5:00-7:00pm. Each runner is required to sell 5 dinner tickets and bring a dessert. 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 all families bring a 6 pack of water, Freshman/Sophomore families bring a side dish, Junior/Senior families bring a dessert.

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

September 2: Home invitational "The Cardinal Classic" We need parent volunteers for parking (paid), course work and concessions. Do not worry... you will see your child run! The more hands to help the better! Also each family will be responsible for bringing an **8-Pack of 20 oz. bottles** of Gatorade to sell at the concession stand. PLEASE make sure they are 20 oz. bottles so we are consistent for concessions.

Next Meetings: mark your calendars and join us!

Tuesday, September 12, 7 pm, Paradigm Building

Tuesday, October 10, 7 pm, Paradigm Building

cscd