

**Introductions:** Coaches Scott Neal, Ty Cox, Clavin Maclin, Reid Kafsky '20, Sports Health Charlotte Kelso, Sports Performance (weight room) Dianna Neal

**Handouts provided via email and on website:** schedule, season calendar, team info/standards, letter criteria

**Mission:** Develop GREAT character, competence, and competitiveness; host GREAT events, **create a Season of Significance**

**TFS T&F Philosophy – Be GREAT! Scenius (Collective contribution to a SoS)**

This year our focus is Attitude, which basically involves how each team member looks at everything. Fun, Create/Invest/Own, work SMART,

Safety, hydration, recovery techniques handouts and other sources on our website.

**Responsibility** (school issued items, **communicate**, team roles, etc). PLEASE have your child communicate with me! If they do not fulfill their responsibilities, they lose the privilege of being with the team that day.

*One challenge we've continually had in recent years - MISSING PRACTICE and just "telling" me.  
Each athlete has 3 "personal days"*

**Parent Role:** Support. Ask your child open ended questions surrounding their effort, not so much performance.

<https://www.youtube.com/watch?v=RGa5qGj48C4> PLEASE let your child struggle; they will get stronger!

We are on the same team! We are not on opposite sides with a bridge between us.

**Coach Role:** Fulfill the mission, safety, instruct, encourage, challenge, create opportunities, set the team first. 24 Hr Rule.

**Communication:** When to text/call and when to email (if you want me to remember it)

Please help by having your child communicate all items with me first (conflicts, missing practice, etc.).

To me: text or call me 706-968-9879 (cell) if you need me and it is timely (call if it is between 2:45-6:00).

Renweb alert is used for last minute changes, weather related changes, etc.

Parents and non team members, please do not come into the team tent! That's like sitting on a bench in another sport. Please bring an umbrella if necessary.

Sunday night T&F Newsletter - usually out by 9pm. **WHAT CAN I PUT IN IT THAT HELPS YOU?**

**Varsity Lettering:** It is way beyond the performance criteria. You'd be amazed at the reasons to miss practice.

**Transportation:** You are welcome to take your child to/from each meet (we just need to know!).

We also need to know if your child will be picked up or dropped off at either Belk (only when going toward Athens) or Toccoa By-Pass BP Gas Station (only when going south toward Atlanta).

Pick up after meets at the HS! (NOT the MS)

Some of your children will go on to compete in college...most will simply contribute & enjoy, BUT we want them to be **necessary, not just welcome!** Speaking of college, Sam Ketch (Davidson), Julianne Shirley (Berry), and Makhi Edgecombe have signed or will sign to compete at the Next Level!

**Health & Safety: We do NOT want athletes competing injured (sore is different).** Our statement will be “Just do your best for today. Do NOT practice injured. Do what you CAN. We have LOTS of options for practice, including Echo bikes, ski ergs, rowers, elliptical, pool, and working with Charlotte Kelso or Dianna Neal (Sports Performance). We have so many recovery tools, resources, and information that very few of your children use. It’s there for them to use and get better, but it has to be used.

**Ferritin Iron:** Our team doctor, Dr. Stuart Sanders allows us to send athletes to test for \$10 (cash) We do this about 4 times per year and will try to set one up in the next week or so. This is THE most important initiative I’ve ever done in my 40 years of coaching. PContact [charlotte\\_kelso@tallulahfalls.org](mailto:charlotte_kelso@tallulahfalls.org) . Here is the permission form link to be tested at Dr. Sanders office...

<https://docs.google.com/document/d/e/2PACX-1vTXEOY1tYCaU1L1SWgnPjkj5swtCfRy5gUqN94f4RBBXYwmi5-iYdKJjbMJtzuOSwHxJJ9rbIFVSUOl/pub>

### **Team Package**

Need before Winter Break! Team package \$60 (hoodie and tee).

Do you want any of the items?. for the package (s/s = \$25, HOODIE = \$45 if purchased separately) - This is our only “fundraiser). If you want one, send your size to [scott.neal@tallulahfalls.org](mailto:scott.neal@tallulahfalls.org)

Optional **Toboggans \$20 Green “Boat” Hats \$25 Nice Sling Bag \$25**

Practice pick up locations: field house (highly congested!) tennis courts (congested), or HS parking lot.

NEEDS: Volunteers for...

1) Need Team Parent Coordinators (snacks, PowerAde, potluck cookout, banquet). Sign up genius?

**WE NEED SNACKS AND POWERADE FOR EVERY MEET!**

2) PowerAde Fridays and for meets (please no red - it stains). MS apx 25, HS apx 50

3) Snacks - Kind, Cliff, Lara, Nutrigrain, pretzels (small bags). Others that lean toward healthier nutrients/less added sugar

- Buy once, weekly, AYC or donate for the cause
- Drop off at MS or HS w/ MS or HS T&F sign on it

4) **Help at meets:**

**MS meets – raking, timing, measuring, implement retrieval, pictures**

**HS meets - raking, measuring, pictures**

Team info and standards are on our web site. We do NOT revise the schedule on the web site!

ANY apparel worn under the uniform should be **black**, No colored/checkered/etc boxers,. **BLACK!**

Wear sweats DAILY to practice (no matter the weather); cold days bring extras, gloves, hat, etc.

Why do we wear sweats every day? When are they allowed to take them off at practice?

Shoes – which shoes should your child have? Big Peach Running Company, eastbay.com, final-score.com, anacondasports.com, vsathletics.com, dickpondathletics.com, or firsttothefinish.com or local stores (Dahlongega, Gainesville, mall, etc). The web stores often have discounts. We can also order specialty shoes (throwing shoes, PV, TJ, etc) through Shuma Sports (just let me know)

**Questions, questions, questions.... How can I help in communication and efficiency?**