

Parent Meeting – 27 October 2009

1. Coaches:
 - a. Kirby Martin - Brock Hite, Dale Searer, Adam Stout, Matt Shank
 - b. Mark Cavanaugh, Dave Wray
2. Moving mats this **Sunday, November 1, 7 am**
3. Open Mats – every Monday and Wednesday – 3:30 to 4:30 until Season begins.
4. Practice
 - a. First Day - Friday, November 20th,
 - i. There will be open mats all week leading up to the first day of practice.
 - ii. Thursday, November 19th – sit down meeting about nutrition, weight management, sleeping habits, study habits, etc.
 - b. Expectations
5. Hydration Testing – Week of November 10th, start getting weight under control, if not getting weight down for testing
6. Fundraising – if every contributes \$40, then we won't need a major fundraiser.
 - a. Our dual meet tournament
 - i. Parents – Kathy Saxton WILL need your help
7. Uniforms
 - a. New singlets for both programs
 - b. New warm-ups for Junior High
8. Schedule(s)
 - a. See the hand out
9. Hotels
 - a. Conestoga Valley
 - i. Country Living Inn: (877) 295-7295, countrylivinginn@comcast.com or info@countrylivinginn.com
 - b. Districts & Regionals
 - i. Hampton Inn Altoona: (814) 941-3500
 - c. States
 - i. Suites at Hershey: (888) 491- 0844