



Coach Bentley, Coach Hutchinson, Coaches Hazard, & Coach Shelley  
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## **SUMMER TRAINING PARENT CHECKLIST**

*Things to do before June 2, 2025*

- ☐ Join parent GroupMe and email list
- ☐ Have athletes join Band and appropriate subgroups
- ☐ Round Up Required Equipment
  - ☐ Shoes
  - ☐ Watch
  - ☐ Run training clothes
  - ☐ Water bottle
- ☐ Subscribe to NRXC 2025 Calendar
- ☐ Complete Parent Survey (for each athlete)
- ☐ Register My Athlete (for each athlete)
- ☐ Review volunteer opportunities
- ☐ Order from Garmin discount program and/or team store (optional)
- ☐ Review Lauren Fleshman book/essay, nutrition and sleep information
- ☐ Visit team website