**2020 GHS CC Preseason Meeting Agenda**

1. Changes for 2020
   1. Warm-up routine
      1. New Running drills + Leg swings
      2. Lunge matrix removed
   2. Strength and Mobility
      1. A new Gtown SAM routine (GSAM)
      2. Makayla Core sessions in July
   3. Emphasis on neuromuscular training and sprinting to increase speed!
   4. Coaching changes
   5. Weekly education talks
   6. June Conditioning changes due to COVID19
   7. Gtown VDOT Summer Training Challenge!
2. Team Culture
   1. Team motto/mantra
   2. Expectations
      1. Accountability
      2. Mentoring
      3. Priorities (Listed on commitment form)
3. 2020 Goals
   1. Outcome vs. process goals
   2. Team goals
   3. Individual goals/Commitment Form (please download from website)