

Wildcat Times: Cross Country Edition

Week 4, September 17th – September 23rd

Hope that you all are recovering from a very hot Friday afternoon meet at Spring Creek Park. With our team wrapping up our second meet of the season, I felt the need to send out this newsletter to give a glimpse into my thoughts of how things are going thus far and to address a few items that need to be touched on. Obviously, the start of our season was not the typical start I had hoped for and things happened around our community that were far more important than anything we do here in the program. Naturally, with a long lay-off like we had, it is always uncertain how everyone will bounce back from the unpredicted break. Having run our first real meet at home, I would say that we seemed a bit rusty and kind of off-beat from where I had hoped us to be around the 3rd week of the season. I would like to think that sometimes it takes a bit of a sub-par performance to open the eyes of the program and get everyone focused on what needs to be done to reach our goals. I feel that we need to have a sense of urgency to make sure we have all of our ducks in a row to prepare for the fast approaching championship season. I know we have the talent to do what I know we can do as a program. This Friday proved what we are capable of, which felt good in many ways. However, and I hope we all feel this way, I am not satisfied quite yet with where we are for now. In fact, I hope we are never satisfied, and the hunger for success is never at ease.

Looking across all division results from this past Friday, we were the first CFISD school in every division except one. ALL BUT 1! Seeing how we lost by 1-point last year on the varsity boys results, and how we won by one point in the Freshman boys results, the power of one is at its finest yet again right now. If district were today, we would have walked away with 4 of the 5 available team championships. Now most may be satisfied with that, but that is only 80% success. Knowing most of you and how you focus on your academic grades, I'm pretty sure that ending the season with an 80 would not sit very well. I hope your drive for success in the classroom bleeds over to your drive for success in Cross Country. Although we had a decent showing Friday, I hope it doesn't cause you to get comfortable and feel that there is no room for improvement. The margins of victory were not that great and there is certainly no cause to feel any sense of relaxation, trust me that the other schools will do everything in their power to hunt us down. We have work to do across all areas of our program.

For that reason, I am going to start pushing some buttons on each of you to hope that you chase the opportunity to sweep the district meet and have a sea of RED on the podium during the awards ceremony. I completely feel that we are nowhere close to where we can be or need to be yet we are near the top already. The cushion between Cy Woods and the rest of the district is pretty thin as it sits now. The question is this: Are you comfortable with that? I know my answer to this and I hope my answer matches your answer. So what can we do to make that small gap between the 212 Nation and all of those other teams? It's quite simple and pretty easy to be perfectly honest. For some of you, every point that I am about to make applies to you, and for others just a point here or there applies to you. Here are a few areas of concern that I know we can correct and have time to correct:

- 1) Making a commitment to your afternoon workouts and runs with the team. As I stand in the halls awaiting those that are going to come to run after school with their teammates, I see athlete after athlete leave to go home. I know that I make the afternoon workouts not mandatory, but I use that term in an effort to help and encourage those that have other school practices, club meetings, tutorials, work, babysitting siblings, etc to attend those functions. However, if you do not have any of those items, there is no reason that you should not be at practice. In addition, if you do miss the afternoon run with your team because of one of the listed items above, you are still expected to get in your run on your own. That should be an expectation and something that we all make an effort to improve. It is like making an investment in your success and we could all benefit from frequent deposits into our aerobic bank account. We want to be rich in that aspect of our training. Afternoon practices will be Monday, Tuesday, and Thursday afternoons from 2:55 – 3:30. Mondays we will have two options for afternoon practice. One group will take a bus to Spring Creek Park with Coach Zarate to run the course and the remainder of the group will run on campus with Coach Jones. The group going to Spring Creek Park will have a bus take them to the park and bring them from the park back to school. That group will be later and the bus will return to campus about 4:45pm. Due to limited space, only the first 40 to sign up every Monday morning will be able to go to Spring Creek Park. The remainder of the group will run on campus and will meet coach Jones on the track. I hope to see most of the group in the afternoons from now on.
- 2) Weekend runs need to become better for many. Like I stated above, our aerobic ability dictates our success in our training. The more you can handle in your long runs the more you will be able to do in your workouts. I can look at the group during the week and pick out those who are not making that aerobic deposit outside of practice. It is one of those things that you just cannot hide and something that you cannot fake your way through. There is a good handful of runners who are the same speed that you were the day you started running with me years ago, for some it has been a couple of years and for others it is coming close to the end of your career and you have not improved. That is not acceptable and I will not accept that any further. I challenge each person to not to be a stagnant member in this program. I want each one of you to better yourself to the best of your ability and make the most of your experience here in the Cy Woods XC program. Leave a legacy that you will forever will be proud of. It is very simple, to get better at this sport, all you have to do is run. The more frequent the better. That is it. There is no magic formula to get the cycle to success started, just run.
- 3) Finding a reason to be at practice vs a reason not to be at practice. We are getting many excuse notes and just plain excuses in general of reasons why you cannot be at practice. Make the effort to be there vs not being there. If you are going to do something and be there already, why not try and give it your best, you may be surprised at the result.

If we all can make this commitment to be better runners and better teammates, I know we can blow away the competition at the district meet. Let's control what we can control and make the most of our opportunity. To make state, we must have a huge cushion between us and the rest of the district. This has been a great indicator in the past that will point to if we have a shot at making state. The years we have to increase that cushion. Looking at our results, I challenge each group to come together and push each other to be better.

Just a few reminders of random things that will be taking place over the next few weeks:

At the parent meeting, there were a few things that slipped my mind and I forgot to mention or I simply wanted to remind you of what I did say. I will briefly talk about those things now:

1) All rosters are not set until 10 days before district, as a result, runners will be moving around from squad to squad all season and as a result all will have the opportunity to move up if they are entitled to that move. Just because a person is on varsity or not on varsity at the beginning of the season, does not mean that is where they will stay for the duration of the season.

2) We will have various team functions this year as we do every year. If you are interested in assisting at any of the following, please contact me with your intent and I will forward it on to the other parents. Without your assistance, we will not be able to have these wonderful team events.

1. Volunteers are needed to assist in planning the team Pre-District pasta dinner the Wednesday before the district meet. This year the girls team parents will host this event. We could use a couple of parent to help lead this event and I know that they will need a lot of help.

2. Volunteers are needed to assist in planning the Post-District Celebration cook out in the park immediately after the district meet on Friday morning Oct 13, 2017. This year the boys team parents will host this event. Here too we could use a lead parent to bring this together.

3) Calling all pictures – I always put together a end of the year DVD to play during our season ending banquet. However, I am usually too tied up at meets to take all of the pictures that I would need to do so. I would love for you all to send me Pictures on CD's periodically to help me with this as well as to capture pictures of team events, get-togethers, and funny videos or pictures of the everyday lives of our wildcat runners. Any help would be greatly appreciated!

This year, I will be utilizing a student and Parent Text MSG notifying system for information that needs to be sent for you and/or the athletes. Last year, I only sent urgent super important info out to the parents. However, I think this year, I will send all parents the same exact text that I send the student-athletes. If you would like your number added, please follow these instructions:

Athlete Text List: Text @17xcteam to this number: 81010

Parent Text List: Text @17xcparent to this number: 81010

I am in the process of getting a e-mail distribution list together for those interested in getting emails from me as well. I just want to make sure info is getting out there.

If you have any ideas or questions to toss out to me, feel free to shoot. I am all ears

Take care and Happy Running! Lets go make some noise on Saturday at Brenham!

Go Wildcats!!!!

This week's meet schedule has changed a bit, we will no longer be going to Giddings and will be taking a decent sized group to Brenham. The meet will take place at Brenham HS which is located at 525 A.H. Ehrig Drive, Brenham, Texas 77833

The schedule is as follows:

Varsity Girls – 8:00 5K

Varsity Boys – 8:30 5K

JV Girls – 9:40 2 mile

JV Boys – 10:00 5K

Open Race – 10:25 2 mile

***Unfortunately there is no freshman boys race, but the ones that do go will run in the open race to get in a race.

As it stands right now, we will take the following runners to run at Brenham. If for some reason I cannot get a second driver for our bus, we will have to reduce the roster to about 45.

Varsity Girls 5K 8:00 AM	Varsity Boys 5K 8:30 AM	JV Girls 2 Mile 9:40 AM	JV Boys 5K 10:00 AM	Open 2 Mile 10:25
Lina S	Alec E	Team A	Team A	Ben G
Faithe G	Harlan S	Heather M	Major M	Cooper G
Naomi D	Braden D	Eric C	TJ Reeves	Aaron C
Amber B	Merritt M	Hannah G	Collin B	Jacob S
Elizabeth H	Jaden C	Catherine N	Matthew M	Gianpaolo L
Julia A	Grayson F	Paige N	Kyle K	Seth M
Kelly Y	Alec H	Simone T	Ethan E	Mason T
Calise M	Robbie C	Clara H	Kaleb J	Connor D
Elizabeth D	Xavier T	Caroline C	Cameron W	Alex W
Erica B	Ryan C	Hailey P	Matthew G	Justin N
		Karlee S	Lance C	Patrick L
		Team B	Team B	Mia H
		Katherine Z	John C	Payton M
		Nora A	Daniel E	Bianca O
		Laura A	Kevin G	
		Bianca B	TJ Kim	
		Elizabeth B	Ryan M	
		Yasmine C	Pheonix P	
		Hannah D	Dyaln T	
		Haley F		
		Alexis T		

The schedule from here on out will change a bit. Here is a glimpse:

Sept 23 – Brenham (select members)

Sept 28 – Kempner Invitational (select members) (Thursday Morning)

Oct 7 – HBU Invitational (select members) *** NEW MEET***

Oct 13 – District (entire team, Friday Morning)

A Few Notes....

Please remember that we will have a pre-district pasta meal on the Wednesday night prior to district. This has been a great tradition that we want to continue for the benefit of our athletes. In addition, we will have a post-district meal in the park after the district meet. If you are interested in heading this up or volunteering, please let me know. The district meet will be on a Friday October 13, starting at 9:00 AM with the team celebration to follow until about 2:00 PM (approximate)

*** Parents and family are encouraged to attend the post-race team celebration after the district meet. I encourage all athletes that have your parents at the celebration to ride home with your parents. We will have two buses to transport the athletes TO THE MEET, but will NOT HAVE a bus to bring students home. So if your parents are there, I encourage you to ride home with them or to arrange a ride with a teammate. This will ensure that we will have EVERY athlete at the District meet to race and support each other.

*** Please remember that if you ever plan to leave a meet early, your parent must sign you out.

*** More information to come. If you need any information added to the weekly newsletters, please e-mail me so I can get it out.

*** Please join the Booster Club as it has many benefits for you and our program, info can be found at: <http://cywoodsathleticbooster.org>

If anyone ever has any info that you would like included in the weekly newsletter, please let me know and I will be glad to add the information. If anyone knows of companies or individuals that are interested in donating to any of our events (team functions, dinners, or meets, please let me know. I will be happy to answer any questions. Take care and I look forward to a great year!

Coach Zarate