

Wildcat Times: Cross Country Edition

Week 1, August 27th – September 1st

Welcome to a new School Year! As you read this, I guess that time is here, the official end to the summer. Come Tomorrow, we will have a few new beginnings that will affect our team in many ways and how we operate on a daily basis. **There is a lot covered here and a lot to read so I beg you to all please take the time to read this as it will impact everyone, feel free to shoot me an email if you have questions.** There have been a variety of new safety policies on our campus that will impact every athletic team and most extracurricular groups. As many of you may have heard about the clear backpack policy, we have had to come up with policies dealing with our team back packs/equipment and how we will get those to and from school. First off, they are not allowed to go into the main building for any reason whatsoever during the instructional day. They must stay in your athletic locker at all times once you enter the building. I know that many last year would carry your bag around so you would not have to come get it before leaving the building at the end of the school day. That no longer will be allowed under our new district policies. Please rest assured you're your team bags will still be allowed on the buses, so do not worry about that.

Each athletic team that has early morning practice has been asked to have a coach at the single entry door that they choose to allow their own athletes enter along with a coach to be in each locker room to monitor and get the kids out once they drop their items there. That is 3 coaches that must be present to get you inside under the expectations from administration. In addition, we can ONLY allow our own kids into the door at that time. No one else will be allowed to enter when I open the door.

Since we only have two coaches on staff, we have had to come up with a plan that will fit our team and needs. For our program, you will have two options to choose from on a daily basis which will be your only two options and it will be your choice what you do. **Option A** will be that you will arrive at school at 5:45AM and meet Coach Zarate by the **doors that lead into the main gym** (where we entered for the parent meeting in May and for the Team Lock-In). **THIS IS THE ONLY OPTION FOR ENTRY** The doors will only be opened for a minute right at 5:45AM per my clock on my phone. Once everyone walks in I will close it and head to the locker room to monitor the boys locker room while Coach Hudson will be in the girls locker room. You will walk through the gym and go directly to the locker room and drop your belongings before heading to the Track. With this option, if you are late even a few seconds or miss your opportunity to enter the doors, we will not reopen them after they have been closed. You will then move on to option B (described below) if you are late. **(I suggest arriving early to be safe for this option).** There will be no hanging around the locker rooms or any unneeded socializing, use the restroom if needed and head to the track after you drop your items in your locker. **Option B** will have you head straight to the track upon being dropped off for practice and you will leave your belongings in the bleachers for the duration of the practice. Simple as that and you will not need to arrive early. But please keep in mind that if it starts to rain during practice, there is nothing that we can do as there is no cover for your belongings at the bleachers (I would keep a large plastic bag in my equipment bag just in case for this option to cover my items). For option B, you will need to be prepared and have all of your

shoes with you and understand that you will not be allowed to go to the locker room until after practice. To make this work and to ensure that we are monitoring the kids, please know that Coach Hudson and Coach Zarate will not be reporting to the track to take roll until 5:50ish. We will start practice promptly at 6:00AM.

In addition to that, no door will be unlocked for entry until 6:45am to get into the building unlike years past when I would unlock the side door for you all. If you choose Option A above, the only door available to enter is the doors in front of the main gym. All those needing to go to the trainer for treatment will need to wait until 6:45am to do so as a result.

Another big change that will take affect this year will impact those that drive, mainly for those that drive and park near the track. I know in years past, athletes would leave all of your belongings in your vehicle until after practice and then just swing by your vehicle to get them on your way in. That is no longer acceptable as well. If any admin catches anyone in the parking lot once the school day has started, you will lose your parking sticker immediately. They will be monitoring the lots closely and it is not worth it to you to put yourself at risk of losing your parking sticker because you didn't grab your belongings when you arrived from your car. So be advised that you will not be allowed to go to your vehicle once you arrive.

The last change will have to deal with our training on bad weather days. Mr. K has granted us the ability to use the hallways as normal on bad weather days as long as we are done by 6:45AM. That will not be a problem for us and right at 6:45AM, we will shift to a gym to finish our core work. It is not the best situation, but it is a lot better than not training at all.

I know these new policies will be quite different and will be a challenge at first, but they are for your own good and there are valid reasons why we are all taking the extra steps to ensure everyone is taken care of. I am sure there may be things I am forgetting but we will cover anything that I may have forgotten at a later date.

Now to some Cross Country stuff!

This past Friday's time trial was very encouraging. We saw many HUGE drops in time for many. The link that I sent out that has everyone's times had the majority of our runners seeing improvements in the right direction. I hope that these improvements make you all even more hungry for more successes! In fact, I hope we are never satisfied, and the hunger for success is never at ease.

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 thin as it sits now. Bridgeland and Cy Ranch are showing promise in their meets and I know we will have to do some work to meet my goal. The question is this: Are you comfortable with the gap between us and the "others" being very thin? 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. In years past at the end of the school day, I would stand in the halls awaiting those that are going to come to run after school with their teammates. However, I would see athlete after athlete leave to go home. This year (with the exception of the first day), all afternoon practices will take place from 3:30 until 4:15. That gives everyone time to attend club meetings, attend tutorials, or do whatever you need before we start our afternoon workout at 3:30PM. With Practice ending at 4:15ish, you will be able to catch the late bus if needed (Late bus begins the 3rd week of school). I expect to see you at afternoon practice!
- 2) Weekend runs need to become better for many. Like I state all the time, 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. School is starting and unlike the last three weeks (or longer if you ran over the summer), life is about to get a bit stressful with homework, things to do, and so on. We are already getting many 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. Live by the standard that if you are going to do something, do it to the best of your abilities.

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. This year we have some work to do if we plan 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, Wednesday Oct 10th.

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 12, 2018.

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 @18xcteam to this number: 81010

Parent Text List: Text @18xcparent 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 this week at our first away meet of the season!

Go Wildcats!!!!

THIS WEEKS ROSTERS AND MEET INFO:

What: Montgomery Moonlight Madness

When: Thursday, August 30th

Where: 22825 Hwy 105 West Montgomery, TX 77356. The meet will be across the street from the high school at the athletic complex.

Schedule:

5:50	9 th boys	2 mi.
6:10	J.V. Girls	2 mi.
6:30	J.V. Boys	3.1 mi.

Rosters:

Moonlight Madness JV Girls - 6:10 PM - 2mi							
Hernandez	Mia		Ortiz	Claudia		Dominguez	Maria
Ortega	Bianca		Evans	Regan		Milburn	Laney
Hernandez	Mikayla		Taylor	Grace		Zorrilla	Yasmeen
Despres	Sophie		Torrero	Montzerrath		Al-Almra	Nora
Pecher	Hailey		Landram	Kathryn		Bailey	Camden
Zhang	Katherine		Wagley	Ella		Fox	Haley
Covington	Claudia		Espino	Julia		Hoelscher	Clara
Munson	Payton		Watanabe	Reina		Paszkowski	Elizabeth
Steckbeck	Kaylee		Shepherd	Courtney		Smith	Hanna
Morris	Linley		Tabourne	Alexis		Ventura	Marina
McLeod	Heather		Oldner	Savannah		Webb	Madison
Clasen	Erin		Long	Madeleine		Whittaker	Samantha
Bettini	Bianca		Torres	Emma			
Matelat	Amelie		Regan	Caroline			
Strautman	Erin		Stephens	Morgan			

Moonlight Madness JV Boys - 6:30 PM - 5K						
Chavira	Umaro		Lank	Patrick		
Mori	Roland		Cox	Davon		
Mejia	Seth		Gomes	Cruz		
Tolbert	Andrew		Eckard	Jack		
Jandal	Kevin		Thieu	Mason		
Castellano	Caleb		Philpot	Phoenix		
Cordes	Lance		Jones	Sterling		
Patel	Nikhil		Doan	Andrew		
Gutierrez	Richard		Goodwin	Kevin		
Escobar	Daniel					

Moonlight Madness FR Boys - 5:50 PM - 2mi

Loya	Xavier		Cooper	Zachary		Mosier	Maclaren
LoGiudice	Paul		Bailiff	Andrew		Pierce	Keith
Smith	Nathaniel		Farrell	Jacob			

What: Seven Lakes XC Showcase

When: Saturday, September 1st, 2018

Where: Seven Lakes High School
9251 South Fry Road
Katy, TX 77494

SCHEDULE

- 7:20 a.m. Boys Varsity Gary Derks Memorial 5k
- 7:45 a.m. Girls Varsity Gary Derks Memorial 5k
- 8:10 a.m. Jr. Varsity Boys 5k
- 8:35 a.m. Jr. Varsity Girls 3200m
- 8:50 a.m. Freshmen Boys 3200m

Rosters:

7Lakes Varsity Girls 5K - 7:45AM	
Rodriguez	Mary
Redwine	Lilly
Davis	Naomi
Green	Faithe
Davis	Elizabeth
Wilder	Abigail
Byrd	Amber
Ameringer	Julia
Balmos	Erica
Williams	Ariane

7Lakes Varsity Boys 5K - 7:20AM	
Callaway	Jaden
Torres	Xavier
Reeves	Troy Julio
Abad	Luke
Escobedo	Ethan
Bass	Collin
Mangham	Douglas
Gonzales	Benjamin
Gillespie	Matthew
Cantu	John

7Lakes JV Girls 2mi - 8:35AM	
Trainer	Simone
Garza	Grace

7Lakes JV Boys 5K - 8:10AM	
Shiflett	Jacob
Johnson	Kaleb

Friedhoff	Gabrielle
Nguyen	Catherine
Hamilton	Elizabeth
Cordes	Caroline
Neumann	Paige
Singletary	Karlee
Mori	Sabrina
Baartz	Merle

Kimich	Kyle
Sullivan Moreno	Dylan
Griffin	Cooper
Walla	Cameron
Mosier	Joel
McPherson	Henry
Franklin	Jaime
Wiehage	Alexander

7Lakes Fr Boys 2mi - 8:50AM	
Chambliss	Alexander
Mullally	Jack
Garbot Luna	Sebastian
Bailey	Daniel
Richter	Grant
Bass	Evan
Hester	Grady
Bodin	Maddux
Meeks	Noah
Valdez	Nicholas

A Few Extra Notes....

*** Please remember that there is a chain of command that we must abide by in this program. Coach Hudson and Coach Zarate are and should be your first point of contact with anything dealing with Cy Woods Cross Country. If you jump our heads and go straight to our Campus Athletic Director or Principal (or higher), they will send you directly back to us because we are the starting point. Please understand that we are here for you and we will always do what we can to answer your questions. However, emailing our admin for any reason prior to coming to us first is frowned upon. Please remember at your place of employment, if there was a problem or concern, you would want to hear about it first before your boss was contacted, if nothing else just for simple courtesy.

*** Please remember that if you ever plan to leave a meet early, your parent must sign you out with one of the coaches. Failure to do so will result in a reminder workout plus you will miss the next meet that you are scheduled to attend. You and your parent must approach one of the coaches to sign out on the designated sign out sheet. You are only allowed to ride home with your own parent. If you must ride home with another family, PRIOR (at least 2 days before) written request from both families involved must be given to the Coach.

*** 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