

Wildcat Times: Cross Country Edition

Week 2, September 02 – September 8th

Well I promise that this week's newsletter will be MUCH shorter and hopefully that will prompt everyone to read it a little more. The students are adjusting well with our new policies and changes. It is never easy making the changes that we had to make with the short notice that we had. Naturally, all of these changes came about well after our parent meeting in May. So relaying the info posed quite a challenge with not everyone having joined our text group or email group. We STILL have many athletes and families wishing to get info from me via text who have yet to join the team's text groups. We really need you to join those groups if you want to be in the loop. With all of the questions I have coming in, I assume that either not everyone has joined or that the info I am trying to get out is not being read.

These newsletters contain a bunch of info that is here for you so that you can be informed as best as we can. Please do read it, I do these for you.

The kids are having a great time with Cross Country and from a coach's perspective, that is all I could hope for. On top of that, we are all doing very well which is just icing on the cake. We have two different meets that we will be attending this week. Most of the team will be heading to Cy Falls on Friday evening. While 3 divisions will be headed to Sam Houston State University to compete in the Region III Preview. The split in the divisions as to who is going where may seem odd but there is a reason to the madness. I have done some digging to find out where Bridgeland will be running their squads this week and I am mirroring them so we can go head to head and see how we match up to them. I figured we will take the fight to them instead of waiting for our paths to cross. Overall, we are looking good against our district opponents from this past weekend. I feel that Ranch and Bridgeland are going to be our main competition. We did very well at Seven Lakes against Cy Ranch, so now we know that Bridgeland is our main competition. Now to see where we are against those pesky Bears down the road. 212!

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. We will once again host the middle school district meet on Oct 17th. We are requiring all athletes to be there to assist with course monitoring. We will assign a group to each monitor station like we did last year. Bring a chair and water, it may be warm. Please plan to be there and free your schedule.

4. 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 Practice Schedule: (Late Buses begin this week)

Tuesday: 6:00AM and 3:30-4:15 for Everyone

Wednesday: 6:00AM and 3:30-4:15 for Everyone

Thursday: 6:00AM and 3:30-4:15 for Everyone

Friday: 6:40AM for those that are racing Saturday, all those racing at Cy Falls can sleep in and be at school by 7:20AM

THIS WEEKS ROSTERS AND MEET INFO:

What: Cy Falls XC Invitational

When: Friday, September 7th

Where: Down the road at Huffmeister

Leave from school at 3:30pm

Schedule:	5:00	Open Race	2 mi.
	5:30	Freshman Boys	2 mi.
	6:00	J.V. Girls	3 mi.
	6:30	J.V. Boys	3 mi.
	7:00	Varsity Girls	3 mi.
	7:30	Varsity Boys	3 mi.

Rosters:

2018 Cy Falls XC Invitational - September 07 - Cypress Falls High School

Varsity Girls - 7:00pm - 3 mi		JV Girls - 6:00pm - 3 mi		Varsity Boys - 7:30pm - 3mi		JV Boys - 6:30pm - 3mi	
Balmos	Erica	Garza	Sofia	Chambliss	Alexander	Philpot	Phoenix
Trainer	Simone	Baartz	Merle	Mullally	Jack	Cordes	Lance
Nguyen	Catherine	Ortiz	Claudia	Wiehage	Alexander	Jandal	Kevin
Hamilton	Elizabeth	Zhang	Katherine	Chavira	Umaro	Gutierrez	Richard
Neumann	Paige	Matelat	Amelie	Thieu	Mason	Escobar	Daniel
Cordes	Caroline	Peacher	Hailey	Mejia	Seth	Patel	Nikhil
Singletary	Karlee	Hernandez	Mikayla	Mori	Matthew	Castellano	Caleb
Mori	Sabrina	Hernandez	Mia			Lank	Patrick
Friedhoff	Gabrielle	Evans	Regan			Doan	Andrew
Redwine	Lilly	Al-Almra	Nora			Tolbert	Andrew

Freshman Boys - 5:30pm - 2miles							
Hester	Grady	Valdez	Nicholas	Loya	Xavier	Cooper	Zachary
Bodin	Maddux	Richter	Grant	Bailiff	Andrew	Smith	Nathaniel
Bailey	Daniel	Bass	Evan	Meeks	Noah		

OPEN - 5:00pm - 2 miles							
Jones	Sterling	Landram	Kathryn	Zorrilla	Yasmeen	Webb	Madison
Cox	Davon	Torrero	Montzerrath	Smith	Hanna	Morris	Linley
Eckard	Jack	Covington	Claudia	Stephens	Morgan	McLeod	Heather
Gomes	Cruz	Munson	Payton	Watanabe	Reina	Strautman	Erin
Mosier	Maclaren	Oldner	Savannah	Shepherd	Courtney	Long	Madeleine
LoGiudice	Paul	Espino	Julia	Steckbeck	Kaylee	Regan	Caroline
Goodwin	Kevin	Tabourne	Alexis	Wagley	Ella	Milburn	Laney
Farrell	Jacob	Despres	Sophie	Dominguez	Maria	Whittaker	Samantha
Jurado	Sebastian	Hoelscher	Clara	Torres	Emma	Taylor	Grace
Tennant	Aidan	Ortega	Bianca	Paszowski	Elizabeth	Mendes	Maria
Vidal	Diego	Sailis	Alice				

What: Region III Preview

When: Saturday, September 8th, 2018

Where: Kate Barr-Ross Park, Huntsville

Leave from school at 5:15am

SCHEDULE

- 8:05 a.m. Elite Varsity Boys – 5K
- 8:25 a.m. Elite Varsity Girls – 5K
- 8:50 a.m. Varsity Boys Orange – 5K

Additional Info: Parking is \$5 per vehicle (cash only),

Rosters:

Region III Preview - Huntsville – Kate Barr-Ross Park					
Elite Varsity Boys - 8:05am		Elite Varsity Girls - 8:25am		Varsity Boys Orange - 8:50am	
Torres	Xavier	Rodriguez	Mary	Shiflett	Jacob
Callaway	Jaden	Ameringer	Julia	Kimich	Kyle
Reeves	Troy Julio	Davis	Elizabeth	Griffin	Cooper
Abad	Luke	Byrd	Amber	Johnson	Kaleb
Mangham	Douglas	Davis	Naomi	Gillespie	Matthew
Bass	Collin	Green	Faithe	Mosier	Joel
Escobedo	Ethan	Wilder	Abigail	Walla	Cameron
Gonzales	Benjamin	Williams	Ariane	McPherson	Henry
Cantu	John			Franklin	Jaime
Montgomery	Merritt			Sullivan	Dylan

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