

Wildcat Times: Cross Country Edition

Week 4, September 16th – September 22nd

Less than a month to go until District...

The time is getting close to put all of our hard work to the test. The next two meets will be ones that we pretty much will use to decide our district rosters. Our final race before district will be at HBU as of right now and we will toe the line with what our district rosters will look like. If there are any loose ends or run offs for our last final spots, it will take place at the HBU meet.

This week we will be running about 85 runners at the Brenham Hillacious XC Meet at Brenham High School. It is a tough course and one that will allow us to see what we are made out of. Hopefully the rain is behind us for a while and we can enjoy some dry weather with hopes that it will begin to get cooler soon. The later part of the week looks to be wet, but nothing that we are unfamiliar with.

Over the next few weeks, we need to focus on some urgency to push our limits a bit in practice and really get in some good training. We have some gaps to fill within each team and need to try to bring our units together to finish the season strong. Bridgeland has looked really good the last 2 weeks that I have seen them and we are going to have our hands full. The question is if you are willing to do what it takes to meet the challenge that they present. They are deep and strong, and are looking to dethrone us. I hope that you are willing to finish strong and put in a good 3 weeks of solid training. A lot can be changed in 3 weeks and we can control our destiny if you stay true to our goals and desires. This is not the time to ignore unusual pains. If you ignore them when they are small, they will have the opportunity to flare up into something much bigger. Now is the time to take a step back to manage unusual pains vs being made to take many more steps back because we did not take care them while they were small things. Like a fire, the longer you take to give attention to it, the larger it gets and much more difficult it gets to get rid of it.

Lets start seeing some team unity and team spirit, push each other, challenge each other, and lets go defend our team titles from last year. It is very hard to get to the top, but it is even harder to stay there. Lets finish strong and find reasons to be at practice vs reasons not to be at practice. Lets get in your afternoon runs, weekend runs, lets eat right, drink enough fluids, and make an effort to get to bed early. The small things are the most meaningful things in what we do. So lets give them the attention that they deserve.

It's time to Rise Up to the Challenge! It's time to do whatever it takes to keep Cy Woods at the top!

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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

This Weeks Practice Schedule: (Late Buses are available for use if needed)

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

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

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

Thursday: 6:00AM and No afternoon practice

Friday: No Practice for anyone (enjoy some extra sleep)

THIS WEEKS ROSTERS AND MEET INFO:

What: Brenham Hillacious XC Invitational

When: Saturday, September 22nd

Where: Brenham High School, 525 A.A. Ehrig Drive, Brenham, Texas 77833

Leave from school at 5:30AM

Schedule:

- 8:00 – Division 1 Varsity Girls 5K
- 8:30 – Division 1 Varsity Boys 5K
- 8:55 – Division 2 Varsity Girls 2 Mile
- 9:15 – Division 2 Varsity Boys 5K
- 9:40 – JV Girls 2 Mile
- 10:00 – JV Boys 5K
- 10:25 – Open Race (Boys and Girls) 2 Mile

Rosters:

2018 Brenham Hillacious Invitational			
Division 1 Varsity Girls - 5K - 8:00am		Division 1 Varsity Boys - 5K - 8:30am	
Davis	Naomi	Callaway	Jaden
Byrd	Amber	Reeves	Troy Julio
Ameringer	Julia	Torres	Xavier
Green	Faithe	Montgomery	Merritt
Davis	Elizabeth	Abad	Luke
Williams	Ariane	Mangham	Douglas
Wilder	Abigail	Bass	Collin
Rodriguez	Mary	Shiflett	Jacob
Redwine	Lilly	Gonzales	Benjamin
		Cantu	John
Division 2 Varsity Girls - 2 Miles - 8:55am		Division 2 Varsity Boys - 5K - 9:15am	
Balmos	Erica	Johnson	Kaleb
Nguyen	Catherine	Kimich	Kyle
Trainer	Simone	Escobedo	Ethan
Hamilton	Elizabeth	Griffin	Cooper
Singletary	Karlee	Walla	Cameron

Garza	Sofia
Baartz	Merle
Cordes	Caroline
McLeod	Heather
Friedhoff	Gabrielle

McPherson	Henry
Sullivan	Dylan
Gillespie	Matthew
Tolbert	Andrew
Mosier	Joel

JV Girls - 2 Miles - 9:40am	
Mori	Sabrina
Zhang	Katherine
Neumann	Paige
Evans	Regan
Hernandez	Mikayla
Al-Almra	Nora
Hernandez	Mia
Pecher	Hailey
Torrero	Montzerrath
Matelat	Amelie

JV Boys - 5K - 10:00am	
Mullally	Jack
Hester	Grady
Meeks	Noah
Bodin	Maddux
Loya	Xavier
Tennant	Aidan
Bailey	Daniel
Bailiff	Andrew
Valdez	Nicholas
Richter	Grant

Open Girls - 2 Miles - 10:25am	
Taylor	Grace
Munson	Payton
Espino	Julia
Tabourne	Alexis
Despres	Sophie
Hoelscher	Clara
Stephens	Morgan
Covington	Claudia
Landram	Kathryn
Watanabe	Reina
Scalia	Alice
Regan	Caroline
Oldner	Savannah

Open Boys - 2 Miles - 10:25am	
Thieu	Mason
Mori	Roland
Wiehage	Alexander
Mejia	Seth
Franklin	Jaime
Patel	Nikhil
Philpot	Phoenix
Gutierrez	Richard
Jandal	Kevin
Escobar	Daniel
Chavira	Umaro
Cordes	Lance
Vidal	Diego

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