

Cy Woods Cross Country Athletes and Parents,

I really hope that you all are doing well and that your families are in good health. Today we learned that our new district for the next two years will be changed. The CFISD schools will be split up and will be joining two new districts. This change will impact Cy Woods dramatically, but I welcome the challenges that it presents with open arms. Change is good and challenges to make things interesting is even better. We will need to embrace it and take the challenge head on. We are in control of what we do and can be successful in our new region. This email will discuss the changes that came out today along with giving you info about an upcoming meeting that we will have in May. So I urge you all to read this all the way to be sure you know what is going on.

Concerning our new district, we will be moving from 17-6A to 14-6A which will include the following schools: Cy Woods, Bridgeland, Cy Park, Cy Lakes, Cy Springs, Cy Ranch, Langham Creek, Tomball Memorial, and Bryan. This move also takes us from Region 3 and **moves us to Region 2 in Arlington** for our regional meet. This will be big for us, but not new. We have been here before and I know we can be successful. However, it will take a program wide commitment and a change in focus for what I believe can be a good move for us. I have known for a while that we probably would make this move to Region 2, the size of Region 3 with the addition of all of the new schools presented an overcrowding of schools and with CFISD on the border of Region 2 and 3 only makes us an easy target to move around.

What does this mean to us all? We will keep on doing what we do with an emphasis on more dedication program wide. We have to make a recommitment to what we do and take control of the things that we have control over. We will discuss more things in a few months at our parent meeting and the expectations that I have for every member in our program, which leads me into the next topic....

Our Parent /Athlete meeting.....

This year instead of August, we will have our mandatory parent/athlete meeting on May 9th at 6:30 PM in the large gym. All are required to attend and failure to attend will affect participation in running cross country next year. We will need

both a parent and an athlete present. I am reaching out to you well in advance to plan on attending the meeting. This past season there was a greater disconnect and lower attendance rate at team meetings and functions than ever before. We had less than 40% of the team present at the team meeting last August and that has to change. We will be discussing many topics in addition to our normal policies that include but not limited to:

- 1) New Attendance Policy
- 2) New Qualification process to be able to attend the District meet
- 3) Practice Expectations
- 4) Communication Expectations
- 5) New after school practice guidelines
- 6) Plus other items

I am working on getting our nutritionist back to visit with us all and look to get the summer training season off to a great start. **We will begin mandatory practices on Monday August 6 and missing practices due to vacations is not acceptable. Please plan accordingly.**

Thanks to everyone and I look forward to seeing everyone in May at the parent meeting.

Coach Zarate

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