

Time is winding down, and days are going to pass quickly. This marks the last full week before we enter the start of our Championship season. There are many events that will be going on these next 2 weeks and as a result of the weekly afternoon events, there will not be any afternoon practices from here on out. I will still expect you each to get in your miles on your own, but as far as having an official practice after school, we will not officially meet. Lets focus on recovery and preparation for the district meet. We also need to make sure that all are passing by Oct. 5<sup>th</sup>. So take advantage of the extra time you have after school and focus on grades and resting up.

**This week's meet will be changed from Thursday to Friday** and we will not be going to HBU anymore. Our new meet will be Friday October 5<sup>th</sup> in Deer Park and it will be an informal meet that will meet our needs more than what I would have gotten from HBU. When we went to HBU last year, there were 4 teams there and the course was cramped as it was. This year there will be over 40 teams. As a result, we will take nearly everyone to get one last race in over in Deer Park. For most, you have already earned your spot on a particular team for the district meet on the 12<sup>th</sup>. For a few Friday will be your last chance to earn a spot on one of the 5 scored divisions. There will be some roster changes taking place as a result of Friday's results at Deer Park. Final District rosters will be set on Saturday October 6<sup>th</sup>.

**Please note that everyone will run at the district meet on October 12<sup>th</sup> in Tomball. If you do not make one of the 5 scored divisions, you will run in the Open race at the end of the meet.**

This Wednesday we will be going to Goodson Middle School to help them with their home cross country meet. I will be looking for volunteers to go out to help. We will request that you wear a Cy Woods shirt and that you plan to arrive at Goodson by 4:00pm. If you need a ride, we will have a bus that will go to and from Goodson that will leave Cy Woods at 3:30PM.

Monday, October 1, 2018 Homecoming Parade after school. Meet in the band parking lot by 5:30PM, if you plan to help decorate, show up after school, we will tell you the exact time at practice, bring candy to toss out!

**Wednesday, October 3, 2018 Goodson XC Meet Volunteer Opportunity 4:15 PM EVERYONE**

- Bus will be provided for those who need a ride to and from Goodson

Friday, October 5, 2018 Deer Park Invite 8:30 AM

**Wednesday, October 10, 2018 Spillane XC Meet Volunteer Opportunity 4:15 PM EVERYONE**

Wednesday, October 10, 2018 Team Pasta Dinner Cy Woods Cafeteria 7:00 PM EVERYONE

Friday, October 12, 2018 \*District 14-6A Championships Spring Creek Park, Tomball 9:00 AM EVERYONE

**Wednesday, October 17, 2018 CFISD MS District Meet AT Cy Woods - Volunteer 4:00 PM EVERYONE – ALL WILL BE REQUIRED TO WORK THIS EVENT, PLAN AHEAD**

## **Practice Schedule for the rest of the regular season**

**Monday – Thursday October 1st – 4<sup>th</sup> – Only 6:00AM Practice, no after School – Normal workout schedule**

**Sunday October 7<sup>th</sup> – Long Run of about an hour in the morning**

**Monday October 8<sup>th</sup> – 6:00 AM Practice - 1000's**

**Tuesday October 9<sup>th</sup> – 6:30 AM Practice – 45 min run (doors open at 6:15AM)**

**Wednesday October 10<sup>th</sup> – 6:30 AM Practice – 200's (doors open at 6:15AM)**

**Thursday October 11<sup>th</sup> – No morning practice, be at school by 7:20AM**

**Friday October 12<sup>th</sup> – DISTRICT – Report to Gym 3 by 6:20 AM for uniform check, short meeting, and depart for the meet.**

Here is the roster for Friday:

# Deer Park XC Meet

**\*\*\*FRIDAY\*\*\* Frist race is at 8:30am, then Rolling Schedule**

Varsity Boys 5K	
Callaway	Jaden
Reeves	Troy Julio
Torres	Xavier
Montgomery	Merritt
Abad	Luke
Mangham	Douglas
Bass	Collin
Shiflett	Jacob
Gonzales	Benjamin
Cantu	John
Johnson	Kaleb
Kimich	Kyle
Escobedo	Ethan
Griffin	Cooper
Walla	Cameron
Mullally	Jack
McPherson	Henry
Sullivan	Dylan

Girls 5K	
Davis	Naomi
Byrd	Amber
Ameringer	Julia
Green	Faithe
Davis	Elizabeth
Williams	Ariane
Wilder	Abigail
Rodriguez	Mary
Redwine	Lilly
Balmos	Erica
Nguyen	Catherine
Trainer	Simone
Hamilton	Elizabeth
Singleary	Karlee
Garza	Sofia
Baartz	Merle
Cordes	Caroline
Mori	Sabrina
Evans	Regan
Hernandez	Mikayla
Al-Almra	Nora
Hernandez	Mia
Peacher	Hailey
McLeod	Heather
Torrero	Montzerrath
Friedhoff	Gabrielle

JV Boys 5K	
Meeks	Noah
Bodin	Maddux
Loya	Xavier
Tennant	Aidan
Bailey	Daniel
Bailiff	Andrew
Bass	Evan
Valdez	Nicholas
Vidal	Diego
Richter	Grant
Gillespie	Matthew
Thieu	Mason
Mori	Roland
Escobar	Daniel
Chavira	Umaro
Cordes	Lance
Tolbert	Andrew
Franklin	Jaime
Patel	Nikhil
Philpot	Phoenix
Mejia	Seth
Castellano	Caleb
Gutierrez	Richard
Lank	Patrick
Doan	Andrew
Wiehage	Alexander
Jandal	Kevin
Jones	Sterling
Hester	Grady
Mosier	Joel

JV Girls 2 Mile	
Covington	Claudia
Landram	Kathryn
Watanabe	Reina
Scalia	Alice
Regan	Caroline
Oldner	Savannah
Ortega	Bianca
Morris	Linley
Shepherd	Courtney
Smith	Hanna
Long	Madeleine
Wagley	Ella
Steckbeck	Kaylee
Dominguez	Maria
Torres	Emma
Milburn	Laney
Paszowski	Elizabeth
Zorrilla	Yasmeen
Webb	Madison
Whittaker	Samantha
Mendes	Maria
Matelat	Amelie
Taylor	Grace
Munson	Payton
Espino	Julia

Freshman Boys 2 Mile	
Cooper	Zachary
Smith	Nathaniel
Eckard	Jack
LoGiudice	Paul
Goodwin	Kevin
Gomes	Cruz
Mosier	Maclaren
Cox	Davon
Farrel	Jacob

Schedule (Rolling Schedule with first race at 8:30am)
Varsity Boys 5K
Varsty Girls 5K
JV Boys 5K
JV Girls 2 Mile
Freshman Boys 2 Mile

Tabourne	Alexis
Despres	Sophie
Hoelscher	Clara
Stephens	Morgan

<b>Location:</b>	Deer Park, Texas
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<b>Address:</b>	500 W 13th St, Deer Park, Texas West Parking lot of the Jimmy Burke Center
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<b>lunch:</b>	Subway, Whataburger, or Chick-fil-A near 9525 N Sam Houston Pkwy E (one bus will go to each)
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**\*\*\* If it keeps raining, there will be a change in location which will be sent out later in the week if it happens.**

**If anything changes, I will let everyone know asap.**

**~Coach Zarate**