

Plano East Cross Country,

With less than three weeks until the district meets, it is a fascinating time for our program! We are ready for the weather to start cooling down, and as a result, times will be faster. I believe our entire team has yet to run their best races this season. We will be physically and mentally ready for the district championship on October 18th. This past weekend, our varsity teams traveled down to Round Rock for an incredible racing experience on the state course. There were 88 teams in the boy's Gold race in which we finished 29th without our #1 Runner. The girls competed very well in the 6A race, finishing 6th out of 63 teams!

Our JV team will compete at the Jesuit Invitational this Friday. Our entire team will travel to this meet to preview the district course and support those who are racing. This will be a busy week in which we will have three different training groups, but I am excited to see our kids compete. Our top JV runners will compete in the varsity division at Jesuit to give them the best conditions to race fast.

[McNeil Results](#) - Plano East Only [Results](#)

[2019 Season Photos](#) – Thanks to everyone Mrs. Bush for taking pictures at McNeil and to everyone who traveled and found our tent-less campsite! Thanks to Mr. Key for driving down with us and transporting equipment as needed!

I will finalize meet information for Jesuit on 10/4 for JV runners on Wednesday. If accommodations need to be made for Varsity kids to leave the meet after the course preview, I will allow for academic reasons only. These accommodations must be communicated 24 hours in advance and with no exceptions. We will stop for lunch afterward at Chick-fil-A, so please make sure your son/daughter has lunch money. If there are students who are unable to pay for their meal out of their pockets, we will make sure they receive lunch.

McNeil Runners of the Week

Varsity Boys – Timothy Averill; Has consistently been within our Top 5 all season long and is ready to break 17!

Varsity Girls – Micah Matsuno; ran a beautiful race to step up and be our #2 finisher after having to drop out at Lovejoy

We are in the middle of our Snap Raise campaign. This fundraiser will be our only time utilizing Snap Raise this year for XC/Track. We need to make sure we are putting our best foot forward to raise money for our program. We're currently sitting at 92 supporters and \$5,480. These numbers include all of boy's and girl's track/cross country. I know many of you have chosen not to participate in Snap Raise instead of a donation through our square site. Our goal for each student is \$100. However, we are currently averaging around \$150 from each active participant in Snap Raise. I would love to achieve our goal of \$10,000 to ensure we are getting some much-needed equipment. As well as ensuring that out of town trips can remain cost-friendly, and continue to supplement gear and apparel for our growing programs. Any apparel/gear that I purchase through the program will benefit both cross country and track students. Thank you to those who have donated.

<https://www.snap-raise.com/fundraisers/plano-east-cross-country-2019> - Snap Raise Site

<https://plano-east-cross-country-bc.square.site/product/want-to-support-our-teams-without-adding-to-your-stuff-/6?cs=true> - Square Donation Site

Nike South is moving along nicely, thank you, Mrs. Bennis, for heading this up. The hotel block for parents/family is open until 10/13. First come, first served! As we get closer, I will have kids select which cars they ride down in and will provide more specific information after the District Championships!

<https://www.druryhotels.com/bookandstay/newreservation/?groupno=2377567> - Nike South Hotel Block

Important Dates/Items - [Calendar Link](#)

Monday, 9/30 - Sunday 10/13 – Nike South hotel block open for parents. Student rooms covered with the \$100 turned in! The reservation block will be open for two weeks.

Wednesday, 10/2 – Pasta dinner at the Bush's! The address is on the calendar.

Friday, 10/4 – Jesuit Invite; JV Racing. Excused absence and everyone is expected to attend for a course preview.

Saturday, 10/5 – 8:00 AM Practice at Plano East for both teams

The week of 10/7 is typical. I will communicate any schedule items in the next email or earlier if necessary.

Monday, 10/14 - Student/Staff Holiday - Practice at 7:00 AM. Please make driving accommodations prior — no exceptions/excuses.

Tuesday, 10/15 - Student Holiday - See above

Wednesday, 10/16 - COGAT/PSAT Testing. Students testing will need to get their run in on their own before school. Do not stay up late studying! PM Pasta dinner at the Bennis house.

Thursday, 10/17 - Back to a regular schedule - pre-meet for practice

Friday, 10/18 - District Championship!

We have completely revamped our [Resources tab](#) on the website to include all pertinent information for this year. If you have any specific questions not answered here, please let me know so I can add it on there if necessary.

[Pasta Dinner Sign-up](#). Thank you for all of you who have cooked/made dishes for these.

Please let me know if you have any questions/comments! Thanks and have a great week!

[Official Team Photos](#) - don't forget to post and tag them on Flickr with @peshcc2019.

Coach Reed
robert.reed@pisd.edu
214-926-5040