

Plano East Cross Country,

This past week ended a dense two weeks of training that included two races. I am looking forward to transitioning into a two-week cycle to help prepare us for our next set of meets - Lovejoy/McNeil and Jesuit. I challenged our teams to push themselves through two miles of the race which resulted in many fast times. I know there was some frustration regarding the length of the course, but that is out of our control, and I will always provide adjusted times based on the distance information I receive.

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

[Southlake Meet Pictures](#) - Provided by Milesplit (must have a member account to access)

All meet information can be found on our website under the Calendar tab and click [Meet Info](#). Our weekly events will always be under the [Calendar](#) tab. General meet information for Lovejoy can be found here - [Lovejoy Meet Information](#). I will post our specific information later this week.

### Southlake Runners of the Week

Varsity Boys - Hudson Yarborough; converted time was a PR and #3 for our team

Varsity Girls - Jordon Manworren; official race time was a PR without conversion! #2 for team

JV Boys - Eli Williams; had a gritty bounce-back race and was the only person on our team to run faster over the last mile than his average.

JV Girls - Megan Key; Converted PR and 11 seconds faster than Marcus on a longer course. #7 ranked time for our girls!

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I have spoken to the students regarding a couple of topics over the past couple of days. I have found out that some students have been leaving to get breakfast in the mornings without communicating. This has gone on pretty consistently since I have been at Plano East, but it has been handled with a "don't do it again" when I find out kids left without asking in the past. **My consistent expectation from now on is that all students stay on campus and are not allowed to leave unless an emergency and communicated to me. Failure to comply will result in a missed meet.** Please let me know if you have any questions/comments regarding this policy.

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

**Friday, 9/13** - Pep Rally at Plano East @ 8:50 AM - Varsity captains will speak for 2 minutes total. Some parents come to this!

**Saturday, 9/14** - Team Long Run at Arbor Hills at 7:00 AM - feel free to stay and utilize beautiful walking/running paths and trails.

- 6701 W Parker Rd, Plano, TX 75093

**Sunday, 9/15** - **Nike South Reservations Due!** We need more drivers based on the current number of reservations. Here is a list of people who have currently signed up. **Current Reservation List - is attached to email! Check for your name.**

**Wednesday, 9/18** - Booster club meeting at Plano East in IB Commons from 6:30 - 7:30 PM

**Thursday, 9/19** - Pasta Dinner - we do not currently have anyone signed up to host. We would love to have a new house in the rotation. Thank you to all of the volunteers! [Pasta Dinner Sign-Up](#)

**Saturday, 9/21** - Lovejoy XC Fall Festival - this will be our last meet before our travel trip to McNeil. I am only taking the top 7 for both girls and boys teams. Students not competing at McNeil will race at Jesuit on 10/4.

**Monday, 9/23** - [Locker room decorating](#) and Grade Check!!! If students are not passing by this date, they will not be eligible for the district!

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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.

Please note that I have added the Nike South form to reserve your spot. We will need our set headcount by **September 15th**. Please fill out if you plan on going! [Nike South Reservation](#) - we currently have 25 reserved with only 22 car seats and one girl parent committed to driving with four girls. We will make it work with enough seats, but the more we have, the merrier! Please note the updated date to reserve your spot.

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

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