

Plano East Cross Country,

We are looking forward to competing this weekend at the Lovejoy XC Fall Festival. This is a great event that will host 70+ teams. 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](#).

We had a wonderful week of training in which we were able to get in two hard workouts and a good medium-long run at Arbor Hills. The temperatures for Saturday are looking great for this time of year and this meet is always a good opportunity to run fast. I will be looking at the cumulative results of this season to determine who will compete at McNeil next week. This is a travel/overnight trip in which we will only take 7 boys and 7 girls. I will communicate that travel list Saturday night once determined. For those who qualify for McNeil, we are asking for a small donation to be made to the booster club to offset some of the costs. The booster club will be subsidizing the rest.

Next Friday we will start our Snap Raise Fundraiser. I have attached the handout that will go out to the team this Friday. Each student participating in the fundraiser needs to provide at least 20 emails that will send out. If you choose not to participate in the fundraiser, that is your choice and are asking for donations in lieu of providing emails. While the booster club can not mandate participation in any fundraiser, we ask that you please consider it!

Nike South money (\$100) is due next Monday OR Tuesday - cash or check made out to Kristy Bennis. This will pay for entry fee + beanie, uniform, hotel, and travel. Students will be expected to provide meal money for themselves while on the trip. I will be sending a finalized travel list next Wednesday once all the money is turned in.

---

At this point in the season, we have accumulated enough data and race performances to understand where we are at relative to the rest of the district. Our main focus will always be District/Regionals/State. The meets that bookend those will always be considered secondary and a buildup to our most important competitions in which we represent Plano East. I like where our program is at right now relative to the start of the season. According to TxRunning speed ratings which takes into account course difficulty/length, the boy's team is currently ranked 17th in the state and 6th in Region 2. Our girl's team currently has the 6th best 1-5 split in the entire state and is continuing to knock off time from their seasons best. As we get closer to district (1 month + 2 days away) please consider the importance of backing off of outside of XC sports/activities so that the kids can recover and be ready to run their best when it matters most. Our training is at a crossroads between intensity and volume, therefore it is imperative that we are recovering in between practices and doing everything we can to mentally prepare for competitions. I will have specific conversations with the students on how this can be accomplished over the next couple of weeks. Any help/support that you can provide as a parent is greatly appreciated!

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

**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](#)

**Friday, 9/20** - Snap Raise handout sent home

**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!***

**Tuesday, 9/24** - Last day to turn in \$100 for Nike South! Cash or check made out to Kristy Bennis.

**Friday, 9/27** - Top 7 Boy's and Girl's travel to Round Rock; **Snap Raise Fundraiser begins**

**Saturday, 9/28** - McNeil Invitational - JV will have a run to do on their own!

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 let me know if you have any questions/comments/concerns! 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](mailto:robert.reed@pisd.edu)  
214-926-5040