

Plano East Cross Country,

We are officially over halfway through with our regular season, which is hard to believe! We have less than one month now till the district meet and all of our teams are rounding into form. Our goal is to be ready to race fast on October 18th and extend our seasons into late October/November. This is a reminder that even though JV's season will culminate on 10/18 – I will take 3 alternates to regionals if we are able to qualify as a team and the rest of the team will continue training through Thanksgiving break! Students will get that entire week off and then we will start back afterward.

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

[2019 Season Photos](#) – Thanks to everyone who has uploaded!

I will update meet information for Jesuit on 10/4 for JV runners later this week. All athletes will be going to this meet even if they are not racing to preview the district course! Absences will be excused for everyone going to this meet.

Lovejoy XC Festival Runners of the Week

Varsity Boys – Orlando Rojas; 33 second PR and was #3 on our team

Varsity Girls – Alexis Bradstreet; seasonal best and finished 51st overall

JV Boys – Terry Scott; broke 18 for the first time and PR'd by 27 seconds

JV Girls – Mary Ganbat; huge PR and broke 25 minutes for the first time!

This is a unique week in that we have two different schedules to prepare for. Our top 7 runners on both teams will represent our program at the McNeil Invite which is hosted on the same course that the state is held! I am excited to see how our teams compete at this meet to see how we compare to everyone else. After our race on Saturday, I spoke to the team and told them that my expectation is that every athlete should strive to be on varsity one day. The improvement that our teams have made over the past couple of years has been incredible and in order for that to continue, our goals need to be set high. While I am a realist and will always be honest with where a kid currently is, if their goal is to one day be on varsity I know the recipe and have witnessed what can be accomplished with consistent hard work. Thank you to everyone who helped out with locker room decorating tonight! The kids love coming in and seeing all of the decorations, even if the boys don't want to admit it.

Parents of McNeil qualifiers – please make sure you ask your son/daughter for itinerary. I have sent it out to them and sent it on Remind101 as well if you didn't get it!

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

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!

Monday, 9/30 – Nike South hotel block will open for parents. Student rooms are 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 will be added to calendar and communicated on Remind101

Friday, 10/4 – Jesuit Invite; JV and only select varsity will race if necessary. Excused absence and everyone is expected to attend this meet.

Saturday, 10/5 – Varsity Long Run/JV Recovery Run – Location & Time TBA

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! Thanks and have a great week!

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

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