

Plano East Cross Country,

We are in the middle of another great week of training before we meet on Saturday at Southlake! This meet will be another very competitive meet for our program which should produce fast times on a flat course!

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. I will post the travel list for Southlake tonight under meet info.

I have received lots of messages of kids starting to get sick. I'm not sure if this is THE week where it happens, but typically once every season multiple kids get sick at the same time. I spoke to the team about illness this morning, and about what they needed to do to prevent it. SLEEP, eat well, and hydration is the most significant controllable factors along with any vitamins/supplements they are taking. I will always be flexible with individuals if they are coming off a sickness or exhausted; I expect them to communicate with me when it pops up!

### **Marcus 1 Runners of the Week**

Varsity Boys - Grant Wilcox; 5th place finish and his fastest "preseason" time ever

Varsity Girls - Isabella Posselt; 2nd place on the team in 2nd ever XC meet. Took almost a minute off time from PISD

JV Boys - Rohan Springer; took 47 seconds off of time from PISD and broke 19 minutes!

JV Girls - Samantha Pupo; Broke 24 minutes in her first XC meet with a smart race!

### **Important Dates/Items**

**Wednesday** - Team Photos @ 6 PM - show up at Plano East in uniforms and spikes. Order forms attached.

**Thursday** - Pasta Dinner at the Cunningham/LaPorte house

- 5701 Wilmington Ct, Richardson, 75082

**[Pasta Dinner Sign-Up](#) - We still have a couple of slots open to be filled for Thursday!**

**Saturday** - Southlake Carroll XC Invitational. [Click here for meet information](#).

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Saturday, September 14th - 7:00 AM Long run at either Arbor Hills or Norbuck depending on availability.

Monday, September 23rd - Locker Room Decorating - information attached and found [here](#).

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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 21 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.

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.

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