



Introduction

- Coaching Staff
 - o Robert Reed – Head Cross Country Coach/Head Girl’s Track & Field/Assistant Boy’s Track & Field Coach
 - 4th Year at Plano East – 3rd as Head Cross Country Coach
 - Afternoon Elementary PE Teacher @ Christie Elementary
 - o Jonathan Bannister – Assistant Cross Country/Assistant Girl’s Track & Field/JV Girl’s Soccer Coach
 - 3rd Year at Plano East
 - Afternoon Elementary PE Teacher @ Boggess Elementary
- Booster Club
 - o President – Lori Wilcox
 - o Vice President – Richard Rocha
 - o Treasurer – Alex Interrante
 - o Secretary – Meredith Sillers
 - Booster club meets on the first Tuesday of each Month at Plano East
 - What can you do to help? Booster Club Membership – we need 100% membership
 - Meet photos, pasta dinners, banquet, concession stands, meet volunteers, fundraising, donations

High School Cross Country

- Race Distance: 5000 Meters (3.1 Miles)
- Varsity Team – 7 Runners
- JV Team – Unlimited Entries
 - o Everyone goes to meet if in good standing
- District 9-6A
 - o Plano East, Plano, Plano West, McKinney, McKinney Boyd, Prosper, Allen, Jesuit (Boys)
- One opportunity to compete against district when it counts: District Meet
- Racing season ends for JV after district meet (will continue to train through Thanksgiving)
- **Varsity Letter – Top 7 on Varsity @ Any Meet**
- District to Regionals – Top 3 Team OR Top 10 Individual
- Regionals to State – Top 4 Team OR Top 10 Individual on non-qualifying team
- Postseason Meets
 - o Nike South (Voluntary)/Overnight Trip
 - o Saturday before Thanksgiving
 - o Great bonding trip for team
 - o **Need volunteer drivers/chaperones**
 - o More information/meeting later on

Training

- 4 Year HEALTHY Development is the goal
- Add volume throughout high school career
- Freshmen: 20-30 Miles/Week
- Sophomores: 25-40 Miles/Week
- Juniors: 30-45 Miles/Week
- Seniors: 35-50 Miles/Week
- We train for TIME and not DISTANCE
- Routes are “out and backs” to keep track of everyone
- 80% of our training is aerobic/conversation pace
- **Individualize as much as possible through volume**
- We want kids to take accountability for training

Communication

- Students are expected to communicate directly with coaching staff if any questions/issues arise
- **Students will be expected to communicate directly with each other and resolve any questions/issues**
- Parents/AD/Principal will be contacted in that order if there is no solution between coach/athlete or teammates

Attendance

- Sickness/Emergency are only excuses for missing practice
- Do not schedule appointments/meetings during practice time (7-9 AM)
- 1st Unexcused Absence = Warning
- 2nd Unexcused Absence = Suspended 1 Meet
- 3rd Unexcused Absence = Out rest of season

Athlete Expectations

- Earn your education to start next chapter in life
- Be a good teammate & give your best effort
- Communicate with coaches/teammates
- Be on time to class and team functions
- Represent our school/program with pride/integrity
 - o Classroom, practice, meets, social media

Parent Expectations

- Support your child and the team by being positive
- Wait 24 hours after to discuss competitions/meets
- Help out where you can/are able to
- Inform coaches of any concerns you have
- Respect coach/administrator decisions

Coach Expectations

- Keep health of student-athlete as a top priority
- Make cross country highlight of day
- Be a good role model
- Educate students about our sport and life
- Be fair, honest and transparent with decisions

Must Do's

- All athletes must have a watch
- Come to practice in sport specific clothing – what to wear tool is on website
- 8 hours of sleep a night
- Nutrition – I will have individual conversations with team members if they would like
 - o I'm not worried about quantity of food if the quality is good
 - o Girls should be eating at least 2700 Calories/Day, Boys 3200 Calories/Day
- 80-120 ounces of water each day
 - o Carry a reusable water bottle with you to class
- Buy good running shoes at least 2 times a year (preferably 3-4)
 - o Cross Country, Track, Summer, Winter
- Pre-hab, not rehab: **COMMUNICATE with Coach Reed if overly sore/fatigued**
 - o Take care of nagging soreness before they turn into an injury
 - Mobility, stretching, massage, foot walks, foam rolling

Important Links

Team Website – www.planoeastrunning.com

- Spirit wear, booster club memberships, photos, meet itineraries, paperwork

Team Remind – Text @planoeastc to 81010

- Students/Parents must be a member

Best Place to Purchase Racing Spikes – www.firsttothefinish.com

Best Place to Purchase Shoes – www.roadrunnersports.com

- As long as you know what type of shoe you need

Meet Results/HS Running News – www.txmilesplit.com

Daily Practice	
Time	Schedule
6:45 AM	Arrive at Plano East for Practice
7:00 AM	Start of Practice
8:45 AM	End of Practice - Shower/Breakfast
9:30 AM	Shuttles Leave to McMillen/Williams
9:50 AM	1st Period Ends

Typical Meet Schedule	
Time	Schedule
5:40 AM	Arrive at Plano East - Load busses
6:00 AM	Depart Plano East
6:45 AM	Arrive at Meet - Setup Camp
8:00 AM	Varsity Girls Race
8:30 AM	Varsity Boys Race
9:00 AM	JV Girls Race
9:45 AM	JV Boys Race
10:15 AM	Cleanup Area
10:40 AM	Head back to East
11:15	Arrive back at Plano East - Unload busses

School Issued Gear
Warmup Jacket
Warmup Pants
Uniform Top
Uniform Shorts
Backpack
Must Haves
Watch
Gloves
Beanie
Running Pants
Tights
Luxury
Foam/Stick Roller
LS Compression Top
Vest
Hat/Visor
Arm Sleeves

Date	Meet	Location
18-Aug	PISD Invite	Russell Creek
24-Aug	Friday Night Hawk	McInnish Park
7-Sep	Regional Preview	Lynn Creek Park
22-Sep	Lovejoy	Myers Park
29-Sep	Prowl in the Park	South Lakes Park
12-Oct	District Championship	Myers Park
22-Oct	Region Championship	Lynn Creek Park
3-Nov	State Championship	Old Settlers Park
17-Nov	Nike South	Bear Branch Park