



2020 Coppell MS West Cross Country Parent Meeting

Wednesday, 9/3 6:30 p.m.

PARENTS:

While we wait to begin, please
fill out this google form to
sign in.

Scan the QR code or go to the
link below:

<https://tinyurl.com/westXC2021>



Coaching Staff

Coach Price

2nd Year Coaching XC

6th Year at CMS West

High School & Collegiate XC Athlete

julieprice@coppellisd.com

@MrsPriceCMSW



My name is Coach Price, and this will be my second year coaching Cross Country at CMS West. I also teach 7th grade Language Arts. I previously coached soccer at West for a few years, but Cross Country is my favorite sport! Despite what the world may tell you, you don't have to have a certain body type or level of cardio shape to be a runner. It's a life-long sport that allows you to compete against yourself every single day. I started running cross country in middle school because my school didn't have my then favorite sport - soccer. I didn't make the volleyball team, I only made the basketball team in 7th grade, and my coaches encouraged me to try cross country. The more I ran & raced, the more I fell in love with the sport. I ended up quitting soccer in high school to dedicate my training & time to cross country & track. I went on to run cross country on scholarship at the college level for Dallas Baptist University. It is my passion to see each of you find some level of joy in running - whether it's a hobby, a way to stay fit, conditioning for another sport, a mental health practice, or a competitive outlet you decide to pursue long-term. I look forward to coaching each of you this year and seeing you grow as athletes!

If you're looking to grow in your running & mental toughness (in any sport!) this year, I highly recommend this workbook - *Strong: A runner's guide to boosting confidence & becoming the best version of you* by two-time Olympian, Kara Goucher.

Most Important Things for Coaches

- Academic Success
 - We want our student-athletes to be successful both on and off the field
 - Goal of 100% Passing Rate each 9-Week Grading Period
 - We will support our teachers on campus
 - No Pass/No Play- State Law
- Leaders on Campus
 - We hold our student-athletes to a High Standard
 - We expect them to be THE example of what it means to be a Wrangler
- Know and Exemplify our 3 Hallmarks

Hallmarks

- Trust
 - Coaches Trust Coaches
 - Coaches Trust Players
 - Players Trust Coaches
 - Players Trust Players
- Passion
 - If you aren't ready to give something your best effort, then why do it in the first place?
 - Do everything you do with passion.
- Discipline
 - Do what is right, no matter who is looking.

Equipment Needed

- good athletic shoes/running shoes
- a basic running watch to keep your splits
- Large water bottle (see next slide)
- breakfast/snack
 - 7th graders - breakfast to eat after practice
 - 8th graders - something light to eat before practice
 - Examples: granola/protein bar, crackers, or fruit

Safety Protocols and requirements

- Each athlete will need to bring their own refillable water bottle with their name
 - The bigger the better- 64oz at least One gallon preferred
 - We will be able to refill water bottles but will not share any water equipment
 - Both of these are on amazon and under \$20



Safety Protocols and Requirements

- When arriving for practice, all athletes should be wearing a face covering
- Virtual learners will not be allowed in the locker room/school when arriving
- All athletes will have their temperature checked before entering field, if temp is >100 degrees, they will not be allowed to enter.
- Each athlete will scan in with a QR code and answer simple questions. This will help us should we have to contract trace so we know who is in attendance each day.
- Specific drop-off location for XC practice will be designated (see slide 11).

Safety Protocols & Requirements

- Athletes will take all equipment with them when they leave.
- In person - Coaches will wash all cloth items daily for 7th graders.
 - 8th Graders - optional.
- Showers be available for in-person learners.

REQUIRED FORMS

FOR

PARTICIPATION

<https://coppellathletics.net/sports/2017/9/5/for.ms.aspx>

**Many of you have already done this. I will
let you know at end of meeting if you have
not.**



Calendar

[CLICK HERE FOR LIVE PRACTICE/MEET CALENDAR](#)



Practice Schedule

- 7th Grade:
 - Drop off at 7
 - Practice 7:10-8:10
 - Pick up 8:20 (virtual only)
- 8th Grade:
 - Drop off at 3:50 (virtual only)
 - Practice 4-5 p.m.,
 - Pick up *promptly* at 5 p.m.
- See drop-off location (right)
- We will have a few Saturday AM time trials at the beginning of the season; see calendar for dates.



Drop-off location



Meet Schedule



2020 Wrangler Cross Country



<u>Date</u>	<u>Time*</u>	<u>Host</u>	<u>Schools</u>	<u>Site</u>
Sept 23	5:00	West	North, Fossil Hill, Vista Ridge, Adams, Wilson	West
Sept 30	5:00	Dawson	Dawson, Carroll, East, Medlin, Pike	Bob Jones Park
Oct 7	5:00	Tidwell	Tidwell, Midlin, Pike, Fossil Hill, Vista Ridge	Pike MS
Oct 14	5:00	East	East, Carroll, Tidwell, Hillwood, Trinity Springs	West
Oct 21	5:00	Carroll	*Zone Meet* Carroll, Dawson, East, North	Bob Jones Park

Race Order: 7th grade boys & girls at 5 pm-----8th grade boys and girls at 6 pm

Meet Day Protocol

- Students should bring a healthy snack & LARGE water.
- Students will ride bus with the team to the meet; only one student per seat on the bus; 24 athletes per bus; masks must be worn at all times.
- Bus departure times will vary each week & be sent to parents the weekend prior.
- Students are encouraged to leave with parents right after their race.
 - Home games as well, no students hanging around.
- PARENT will need sign athlete(s) out using QR code with one of the coaches.
 - Must have email 24 hours in advance if leaving with another family.

Meet Rosters *New This Year*

In prior years, ALL athletes have traveled & competed at XC Meets, but the UIL has changed the rules for the 20-21 school year.

- Only 10 athletes from each grade/gender will compete at races.
- Those 10 athletes can change from week to week based on performance in races/time trials
- If you aren't racing in a meet that week, you'll have a chance to time trial & earn a spot for the following week
- Fluctuation in the top runners is VERY COMMON in middle school cross country
- Other than illness/attendance, the ONLY determining factor is speed; the watch doesn't lie or have bias!
- Meet rosters will be announced the Friday/Saturday before the meet, so parents will have 3 days to arrange transportation/schedules.

Communication

- Athletes are responsible for communicating absences for practices or meets
- Failure to attend practices will impact ability to compete on race-day unless appropriately communicated to coach IN ADVANCE by THE ATHLETE
- A weekly email will be sent to parents with Race Info for the coming week
- Any last-minute changes due to weather, emergencies, etc. will be communicated via SportsYou
- If you are on the meet roster, it is VERY IMPORTANT that you communicate ASAP if you're going to miss that way we can fill your spot.

Sports You - BOYS

It is required that an athlete
& parent join the Sports
You page.

sportsYou

You've been invited to join

CMSW Boys XC

Use your **unique access code** below and follow the instructions.

Access Code

D8TZ-VNBU

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**

Sports You - GIRLS

It is required that an athlete
& parent join the Sports
You page.

sportsYou™

You've been invited to join

CMSW Girls XC

Use your **unique access code** below and follow the instructions.

Access Code

GG6G-8QWB

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**

Questions?