



2021 Coppell MS West Cross Country Parent Meeting

Tuesday, 8/24 6:00 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:



Coaching Staff

Coach Parish

1st Year Coaching XC

5h Year at CMS West

rparish@coppellisd.com

@CoachRParish



My name is Renee Parish. This will be my 5th year teaching Texas History and coaching at West. Prior to this, I have also taught and coached in Carrollton-Farmers Branch and Grapevine-Colleyville. Prior to 2000, I was a high school counselor and coach at a private college prep high school in Hawaii.

I have 2 children, Kelsey and Caleb. They are my inspiration and joy. .

I graduated with a double major in Anthropology and Family Psychology.

In my free time I run, play basketball, lift weights, read, binge watch K-dramas, spend way to much time listening to BTS, cook, watch documentaries, do carpentry, etc. When I lived in Colorado and Hawaii, I spent a lot of time camping and hiking.

West has been my dream job. I love the administration, faculty, community, and students. I am always here for you and your children. Thank you for entrusting them to me. They are precious and will change the world. I look forward to all they will accomplish in the next year.

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 Required

- Good athletic shoes/running shoes (see next slide)
- 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 (no citrus)
- Good Attitude - Running is a mental game. We are going to have fun and get better every day.

Eastbay Shoe Store

Eastbay is giving us live store access online.

Here are a list of shoes available for purchase for various sports.

Please make sure to find the running or trail shoes. Do not order the spikes or racing flats for cross country.

Eastby says they will ship within 24 hours straight to your home.



[https://eastbaystore.com/QFTS8428/Category/All eastbaystore.com](https://eastbaystore.com/QFTS8428/Category/All%20eastbaystore.com)

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



Equipment Highly Recommended

- Running watch that can keep splits
- Running App - It can keep track of your routes, times, and depending on the app, other things like heart rate, pace, etc. If you want to grow as a runner this will be really helpful.
 - Nike Run Club
 - Strava
 - Map My Run
- Music Playlist - I will allow you to use 1 earbud during running practice only, so that you can listen to music and try to learn pace. Choose your music wisely. This is not about your favorite songs! It is about finding songs with similar tempo to help you develop good pace. This list should change as you get better.
- Metronome App - This is also another great way to keep pace without other distractions. These can not be used during a race.

Practice Calendar



<https://docs.google.com/document/d/1-WPz2kTyf8Pv6AHJWGCrlch1HUtlq9o-alh00BfYqjM/edit?usp=sharing>

Meet Calendar



https://docs.google.com/spreadsheets/d/1OBOiVHmD57kCyOHOzQnltSC_GaPb_OkfZ3EJvDq_Mql/edit?usp=sharing

Practice Schedule

- 7th Grade:
 - Drop off at 6:15
 - Practice 6:30-8:15
 - Shower and Breakfast 8:15-9:00
- 8th Grade:
 - Practice 2:55-5:00
 - Pick up at 5 p.m.
- Drop off and Pick up for your athlete is in the back of the school in the bus loop.
- **Do not** park in a parking spot and ask your athlete to cross the traffic pattern to come to you. This is a precaution issued for all our athletes' safety.

Meet Day Protocol

- Students should bring a healthy snack & LARGE water.
- If you order a game day meal, these will be distributed prior to leaving for the meet. They must be eaten prior to getting on the bus.
- Students will ride bus with the team to the meet.
- Bus departure times will vary each week.
- 7th graders may miss 7th period sometimes. If they do, they are responsible for completing any missed work on time. There is no extension on assignment due dates for this absence.
- 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

ALL athletes travel & compete at XC Meets.

The top 5 runners for West create the score for our team.

- Top runners can change from week to week based on performance in races and time trials
- You have a chance at each Friday's time trial to 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!

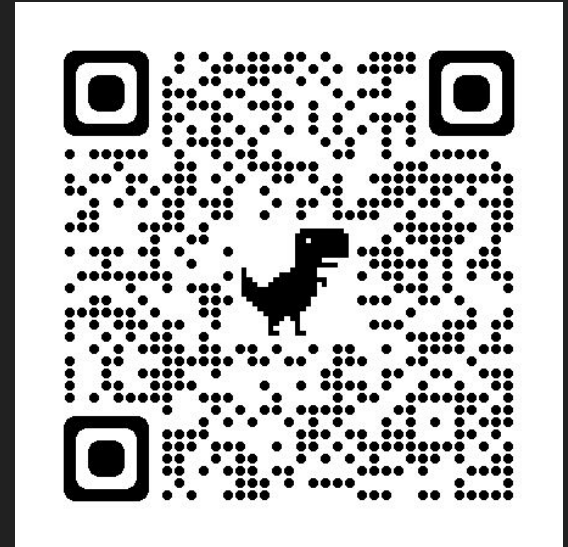
Meet Day Meals

This year we are excited to offer game day meals again. These are not required.

- You can not order for specific meets only. This is an all or nothing order.
- This does NOT include the meet of champions.
- The order must be in by this Thursday at 11:00 am for the season.
- Cross country game day meals is \$40.00.
- You may pay by cash or check.
- Jimmy Johns (includes chips, pickle, and cookie)
 - Turkey Sandwich Box
 - Ham Sandwich Box
 - Veggie Sandwich Box

Link for the QR code

<https://protect-us.mimecast.com/s/Z608CVO98Xt0lk5mhGOAeM?domain=docs.google.com>



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 smore newsletter will be sent to parents through Coach Kelder and Coach Cantrell with information for the upcoming week.
- Any last-minute changes due to weather, emergencies, etc. will be communicated via Parent Square once it is set up for Cross Country
- If you are missing a meet, it is VERY IMPORTANT that you communicate ASAP. Understand, meet participation is part of your weekly grade.

Questions?