

# **2018 Westlake Cross Country**

# TO DO LIST

1. Complete your sports physical by July 31<sup>st</sup>
2. Complete your Rank One paper work online
3. Sign and return your team contract
4. Sign up for Remind – Text service
5. Have fun, relax and run over the summer

# Sports Physical

- <http://www.westlakenation.com/index.php/home/athletic-forms>

Link for digital copy of sports physical (on the bottom of the page)

Link for Rankone sport at the top

# PAPER WORK

- July 31<sup>st</sup> – First Day of Practice @ WHS
  - RANK ONE ATHLETICS
    - <https://eanesisd.rankonesport.com>

## Electronic Participation Forms

- [Extracurricular Hazing Form](#)
- [UIL Forms Signature Page](#)
- [Release of Liability Form](#)
- [Athletic Information Form](#)
- [Emergency Information Form](#)
- [Extracurricular Code of Conduct Form](#)

# Team Contract

- State Expectations for all our athletes
  - Eligibility
  - Attendance
  - Lockers
  - Behavior
  - Grade
  - Etc...

# Team Contract

- All athletes and their parents must sign and return the contract by the end of the 1<sup>st</sup> week of practice

Boys Contract: <http://whsbbonnecarre.weebly.com>



# REMIND – TEAM COMMUNICATION

- All team communication is sent through the remind app as an email or text. No need for downloading an app..... please sign up



# 81010

Enter this number

This is your Remind number we created to keep your personal number secret.

@westlakexc

Text this message

BOYS TEAM



# ALL IMPORTANT MEET & PRACTICE INFO

- School Webpages
  - Bonnecarrere – Boys Team
    - <http://whsbbonnecarre.weebly.com>

# IN SEASON TRAINING

- July 31<sup>st</sup> – First Practice
  - Westlake High School – Time Trial for boys and girls teams
  - Establishing a baseline for our runners
- Practice Schedule is on our webpage for dates & locations. All practices start at 7:00am.

# DRIVING & PARKING

- Yippee!!!
  - Trimester rotation
  
- Travel from Zilker Park
  - Students carpool back to school
  - Bus will be available at Zilker each morning to drive kids back to school

## **Meet Schedule 2018 Tentative**

**July 31st – First Day of Practice - WHS – 7:00 am – 2 mile time trial**

**August 10th – Practice at Old Settlers Park**

**August 17th – Tri-Meet – Brushy Creek Park**

**August 24th – Vista Ridge Invitational - NonTop 14**

**August 24th (F) – Friday Night Lights – Top 14 - Woodlands**

**August 31st (F) – Chap Invitational – SE Metropolitan Park - Del Valle – All Athletes**

**September 7<sup>th</sup> Midway Invitational top 14**

**September 8th – St. Andrews - All Athletes**

**September 15th – Cedar Park - – All Athletes**

**September 23rd – Islander Splash – Regional Course - Top 14**

**September 30th – McNeil – Old Settlers Park – All Athletes**

**October 9th – District Meet - Old Settlers Park – All Athletes**

**October 23rd (Mon) – Region IV XC Meet – TOP 7**

**November 3rd – State - Qualifiers**

**November 17th – Nike Cross Regionals - Woodlands**

# Team Fee

- \$40
  - Snacks after Meets & Travel
  - Travel expenses
  - Banquet for athletes
- Please make check payable to Chap Club
  - Memo line – Boys or Girls XC



# Chap Invitational



## GOALS:

- Put on a great meet for the kids – Night Race
- Only Home Meet & Fundraiser
- Expectation that all families help at the meet
  - Set-up
  - Work a shift during the meet
  - Clean up



- We're using VolunteerSpot to organize our upcoming CHAP INVITATIONAL Sign-ups.

Here's how it works in 3 easy steps:

Click this link to see our Sign-Up on VolunteerSpot: <http://vols.pt/qTvq3B>

- 2) Review the options listed and choose the spot(s) you like.
  - 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on VolunteerSpot.
- Note: VolunteerSpot does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

# Traffic – Chap Invitational



# ACL Music Festival National Holiday in Texas

- October 5-7.....October 12-14
- District October 9<sup>th</sup> – Please stay away from the 1<sup>st</sup> weekend
  - FR/JV – 2<sup>nd</sup> weekend – Have fun
  - Varsity – 2<sup>nd</sup> weekend – Pick 1 day at most



# Running Gear / Uniform

- Shorts
- Appropriate Top
- Quality pair of running shoes
  - Spikes vs Flats
- School Gear
  - Issued
  - Ordered – sweatshirt & shirt

# Team Parent – Moms or Dads

- Help needed please?

**QUESTIONS?**