



# **Lady Highlander Cross Country**

**Welcome to our  
Informational Meeting!**

# Meet the Coaches!

▶ Kristin Collins

▶ Nicole Blackman

# **Expectations of our Athletes**

## **What We Are:**

- A distance program**
- An Athletics class**
- A team and individual sport**
- A fun program for girls who run and enjoy running**
- Getting girls ready for TWHS State and Nationally-Ranked Cross Country program**

# Expectations of our Athletes continued...

## ▶ What We Are NOT:

- A P.E. class
- A fitness/weight-loss program
- A sprint/track program
- A beginners running program

## ▶ What We Expect:

- Physicals turned in at orientation or on the first day of school
- Incoming 7th graders to be able to run 2 miles without walking by the first week of school
- Incoming 8th graders to be able to run 4 miles without walking by the first week of school
- Athletes to dress out and run every day without minor excuses

# Tryout Information

Tryouts will occur on Monday, August 19<sup>th</sup>.

**7<sup>th</sup> grade girls** will tryout during their class period ( 4G).

**8<sup>th</sup> grade girls** will tryout after school from 4:15-5:15.

Each athlete will receive a tryout number to pin to their shirt.

Each athlete needs to have a physical on file **PRIOR** to tryouts.

In order to make the class, each athlete needs to run 2 miles, without walking, in 18:00 or faster. The tryout will occur on the cross country trails here at McC. Failure to make the time cut off will result in a schedule change to PE.

**Physical forms-** they are required and have been available on the McCullough website since April. Your child must have a physical completed on the CISD approved form and it must be on file prior to any participation in the CC program. Your daughter needs to have these ready to turn in on the first day of CC ( Monday for 8th grade and Tuesday for 7th grade)

## **Frequently Asked Questions on the first few days of Cross Country at McCullough:**

### **What do I do on the first day of school?**

**Cross Country meets 4<sup>th</sup> period. You will go to the large gym for attendance. We will give you handouts with practice calendars and other information. You need to turn in your physical at this time, too. You do not need to dress out on the first day of school.**

**When is the first day of practice?- the first day of running for 8th grade is 4th period on Friday. As promised last year, we will be running four miles. The first day of running for the 7th grade is Monday, August 19<sup>th</sup>, during the class period, which is the time trial.**

## FAQ continued...

- ▶ **What do I bring to my athletics locker-** for your PE locker, you will need to keep your running clothes, shoes and water bottle.
- ▶ **What should I eat for lunch?** Remember- you will be running during 4th period or after school every day. Eating lunch is important, but please make sure to eat something that will not affect your stomach. Avoid fried foods, heavy or spicy foods or junk food. A sandwich is good as well as a granola bar, pretzels, crackers, piece of fruit and water. Feel free to bring a snack to eat after you run. Some days you may have a few minutes of downtime prior to the bell.

# FAQ Continued....

## ▶ What do I wear to practice?

- ▶ Every day we run, you need to be dressed out in:
  - ▶ -running shorts ( no Soffee shorts)
  - ▶ -running shoes and socks (no Keds, Vans, Basketball shoes etc...)
  - ▶ - sports bra
  - ▶ - running shirt/t-shirt/running tank
  - ▶ -water bottle
  - ▶ -hair pulled back in a pony tail

# What not to wear Fashion Show



# FAQ continued...

## ► **Information on parking lot safety for pick up:**

Please pick your daughter up from after school practice promptly at 5:15. Carpools work well! The girls need to be picked up in the West Parking lot (by the track) at the Athletic Doors. Please be careful driving in the parking lot as there will be lots of kids getting picked up from their practices. A prompt pick up at 5:15 is expected. We have families that we would like to get home to as well and can't leave until your child has been picked up.

# FAQ continued...

- ▶ **What if I need to pick my daughter up early from school?** If you need to check your daughter out of 4th period early, please make sure they have a yellow early dismissal pass from the front office. They can obtain these in the morning when they arrive to school. Also, if you know ahead of time that they will need to leave early, that would help us out tremendously in making certain your daughter is ready to go in the front office when you arrive. Oftentimes we will be on the CC course or off campus and if we are unaware that you are needing to pick your daughter up, it may take a little longer to locate where we are running.

# Cross Country Meets

## Tentative Meet Schedule

- ▶ September
- ▶ September
- ▶ September
- ▶ September
- ▶ October
- ▶ October
- ▶ October

## Meet Days

- ▶ Girls will be released from their last class of the day to go to the locker room and change into their uniform for the meet and get on the bus. They will bring everything with them so that you can sign them out and pick them up after they run.

## After our Season...

After the district meet, we will go into off season. We don't have after school practice any more and will see the girls only during their class period. In addition to running, we will have other workouts for the girls. We will also have some "fun runs" after school to various places around The Woodlands.