

Parent Meeting

Welcome to Cross Country

Parent Meeting (after practice) - Tuesday, August 27th at 7:30pm in the Annex

Go to the website for all information!

www.faihwest.org, then go to Academy, then go to Athletics, then go to Cross Country

Helpers

Traci Evans - Volunteer Coordinator

aggiefamily4@sbcglobal.net

Wigginton, Cullum, Campbell, Maxwell, Skaggs - Helper

Coach Beck - Volunteer Coach

Mark Hargrove - Volunteer Coach

Bryan Evans - Volunteer Coach

Always needed. Time keepers, etc.

Coach

Chip McKenzie - Coach

cmckenzie@faihwest.org, 281-732-7027

Welcome - General Information/Notes

My Background, **Leadership**, 4 kids, Run w/ them, **I've done everything I am asking them to do.**

Wide range of runners - Stress Individual Goals/Improvement

Goals/ **Mentoring**/ Wrist Bands / Star of Week / Smoothies/ B Tacos

Vests/Lights/Lockers/Race Distances/Van + Cars/Individual and Team Qualifications

Sign-ups

Register for "Remind 101" today:

Text 81010; @cc-news

Signup for schedule change alerts on RankOne!

<https://www.rankonesport.com/Main/>

Nutrition/Hydration

Bring to every practice ... water bottle (Gadorade preferred), watch, shoes

Schedule Notes

Two Hilly Country Runs & breakfast

Handbook Discussions! Fees/Paperwork/Physical

Pay all fees online -

<http://www.faihwest.org/athletics/handbook-fees-forms-schedules/>

8/27/2019

Attire

Practice - PE Uniform, watch, "Running Shoes"

Wednesday mornings - Bring towel & school clothes

Team Pictures

TBD - Get online order forms

Training Peaks App

A running management program. A free App that each runner has on phone. It gives them workouts and allows them to input distance and duration of workout.

Trainer/Injury; Text me and Sandy Brown the day before.

Athlete Stop, Dr. Chase 281-599-3039; Thursday mornings 7am.

or David with Memorial Herman; Tuesday at lunch

Conditioning Program; Dr. Dentist Appt

Practice Schedule	Location	Time		
Mondays	FW	6pm-7:30pm	Hot	Experimenting!
Tuesdays	FW	6pm-7:30pm	Hot	Experimenting!
Wednesdays	Peckham	6:00am		
Thursdays	FW	6pm-7:30pm	Hot	Experimenting!
Fridays		MAKE-UP DAY		
Saturdays	Race	Per RankOneSport		
Sundays		MAKE-UP DAY		

Boys Varsity, will have additional days per training peaks

Parents are welcomed and encouraged to run with us.

Student Led Devotion before Monday or Thursday running begins

Monday - Goals and general meeting before we start running

Faith West Hills Cross Country Race - September 28th

We host our own CC Race. Approximately 35 schools will attend. Please plan on helping us that day from 6:30am - 12:30am. We will also have an "Open" race for the community. This race utilizes 50 volunteers. We need at least 1 person from each family to help.

Duck Relay (practice) In October (maybe)

3 - 5 parents will be needed to help and also compete!

Team breakfast normally before school the last Friday of our season.

David Adams - Athletic Director

dadams@faihwest.org

Sandy Brown - Asst. to Athletic Director

sbrown@faihwest.org, 832-563-6682

Sign In

Name	Cell	Email	Student Name	Grade
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