

Hays Cross Country 2018

Cedar Park XC Invitational: A little early, a little muddy, a lot of success!

Varsity Girls: 6th Place Team Abby Parra (6th)

Varsity Boys: 5th Place Team Jaden Tumale (8th), Daniel Garraway (15th)

JV Girls: 1st Place Team Cameron Roberts (1st), Andrea Delgado (2nd), Kameron Bazemore (3rd), Ingrid Pena (5th), Hannah Waltman (6th), Jayli Cavarrubio (15th)

JV Boys: 3rd Place Team Will Cauble (6th), Warren Anguiano (14th), Ivan Guzman (15th)

HS Girls: 11th Place Team

HS Boys: 3rd Place Team Julian Santos (5th), Christian Welvaert (10th),

All race results can be found at: https://my2.raceresult.com/107686/#1_D0DA89

PRACTICE SCHEDULE:

MONDAY - THURSDAY: 6:30a - 8:00a

- **There will be no practice on Friday morning!**
- If you are in the XC class period, you should be in the FB lecture room **by 8:45 am** with school clothes on.

Practice Reminders:

- Arrive to HHS early enough so that you are at the track ready to start running at 6:30. There are many of us that are being dropped off at 6:25 and it is taking longer than 5 minutes to drop your belongings in the locker room and get to the track
- Wear the correct shirt every day.
- Bring a water bottle every day...and refill it throughout the day.

Another TEAM DINNER?

- Monday, October 8th
 - The evening before our district meet!
- I'd like to have dinner from 6:00-7:30
- This is Columbus Day. Students do not have school on this day!
- Would anyone like to take the lead on hosting the event and securing a venue.
 - 'Hosting' simply means that you secure a venue and provide an initial amount of pasta/sauce to start with. Athletes and families bring the side items and additional pasta!
- If interested, email Coach Hightower!

This week is our Hays XC invitational! We will need your help to make this meet a success!

To be completely honest, I've been working on compiling resources and doing the prep work to 'set up' each necessary station for the meet. And then I started thinking about the number of people that are always asking, "How can I help?" I haven't given you guys enough credit! We all have our strengths, special gifts, and life experiences that, collectively, make us an incredibly awesome team!

So, I have taken my list and added detailed notes. Read through the options to find a volunteer spot that best fits you. I trust that you will take ownership and do a fabulous job! If you have questions not answered on the document or additional suggestions, please let me know!

I have created a sign-up genius specifically for Saturday. There is an option to include your phone number (if you want) so that the people signed up at the same station can collaborate if necessary.

If a station is already filled, but you really want to help at that location, show up to help anyway. Help is always hard to turn down! Or, collaborate with those signed up and offer a shift change, restroom break, to cover when their athlete is running, etc. This will especially be important on the course monitor spots!

After the meet, it will be an 'all hands on deck' situation. We will need to collect all cones, flags, and t-posts. All trash will need to be consolidated to one location. I'm sure there will be more odds and ends jobs .

Explanation of the volunteer stations are listed below.

HAYS XC MEET VOLUNTEER SIGN UP GENIUS

All athletes need to arrive at Lake Kyle Park at 6:30 am. Those running varsity will need to begin warm-up and pre-race routines ASAP. JV runners will assist in camp set-up and if your parents are working a volunteer station, then help them get set up if needed!

HAYS CROSS COUNTRY INVITATIONAL

Saturday, September 22, 2018

Site: Lake Kyle Park (700 Lehman Rd, Kyle, TX 78640)

Course: There were be plenty of space for your athletes to get out and run on an all grass and gravel trail around a very beautiful park.

Schedule: The meet will run on a rolling schedule. Times listed below are an estimate.

7:30am	Varsity Girls (5K) 10 Runners
8:00am	Varsity Boys (5K) 10 Runners
8:30am	JV Girls (5K) unlimited entries
9:00am	JV Boys (5K) unlimited entries
9:30am	Middle School Girls (3200m) unlimited entries
10:00am	Middle School Boys (3200m) unlimited entries

Volunteer Opportunities for Hays XC Invitational

'BIG PICTURE'

- Currently there are 7 high school teams and 10 JH teams attending the meet.
- Races are scheduled every 30 minutes from 7:30a - 10:00a
- Parking is the trickiest part of Lake Kyle Park(LKP). It will be very helpful if you can carpool as much as possible.
- I am meeting with the director of LKP Monday afternoon to make decisions about the race course, parking, etc. We needed to wait to see how the rain from this weekend would affect the park grounds. I'll know more about how we might need to adjust the course and parking plans. More information will be sent out as necessary.

Water & Gatorade Donations:

- To sell at the concession stand & provide at coaches' hospitality table.
- Any unused items will be used for the kids at the next team dinner and/or meet.
- Drop-off items at the HS when you bring your athlete to practice...by Thursday morning.

Hospitality for Coaches:

- Time commitment: Have items available @ approximately 6:30 am then 'check in' with cleanliness/organization as the morning progresses.
- Location: use 2 of the picnic tables at the pavilion for these items.
- Potentially _____ coaches
- Coffee, water, donuts, breakfast tacos and/or kolaches
 - If you think you can get a person/company to donate, let me know!
 - OR...I can use entry fee money to purchase the items and the person in charge can pick up the items on Saturday morning.
- Tablecloths might be a nice touch? :-)

Packet Pick Up:

- Time commitment 6:30am - 9:30am.
- Location: use 2 of the picnic tables at the pavilion for these items.
- Coaches will pick up their packets of bibs, safety pins, course maps.
- Confirm payment. There will be a spreadsheet with a list of teams and payments received.
 - Some coaches may bring a check with them. Ask if they need a receipt? (Receipt book will be available)
 - Some coaches may say, "It's in the mail." Just make a note on the spreadsheet, and I will follow-up at a later date.

Concession Stand:

- Time commitment from 6:45a - 11:00a
- Location: Picnic Tables near Pavilion
- We will set up our "Hays Rebels" tent over this area so it will be easy to direct spectators towards.
- Selling bottled water & Gatorade
 - Waters & Gatorade donated by parents
- Selling breakfast/snack items
 - Hightower will do a click & pull from Sam's club... and have items on Saturday morning.
 - I'll send the list of items and you can decide & make a price list.
- Need: Ice chests 2-3 (Athletics has 2 BIG ones that can be brought to site)
 - Icing the drinks down will be the most labor intensive. I can have the drinks iced down in the 2 coolers we have and can be on the list of items brought from HHS to LKP Saturday morning.
 - OR...if you have coolers and access to ice...we can arrange a time to meet and get the drinks to you prior to Saturday AM.
- Hightower will have start-up cash/change.item



Announcer:

- Time Commitment: 7:00a - 11:a
- Location: Near the finish line...
- Announce things like:

- “The JR Varsity Girls race begins in 15 mins”
- Reminders about concession stand, etc.
- Possibly play music between races.
- Announce a few athletes as they race to the finish line.
 - We will have a list of bib numbers assigned to athletes from all the teams.

Course Monitors:

- Time commitment: 7:15am - 11:am
- This is the least glamorous job, but is the most important to the overall safety of the runners during the meet.
- You would be directing athletes towards the correct course route. The races get spread out at times and is important for those athletes that may not be running up in the top pack of the race.
- Vocalizing “Clear the course” for spectators who may be casually crossing the course when runners are coming. Also to athletes who are walking the course and not paying attention to their surroundings.
- It is easiest if the same person stays in position, however, if you cannot stay the entire time, can you find a ‘buddy’ to switch out with you?
- Bring a chair to use between the times that athletes are not passing through your area.
- Don’t forget your water bottle and a snack in case you get hungry!
- I will assign locations once we finalize the course map and target areas that might need a little extra supervision.

Parking Attendants:

- Time Commitment: 6:00a – 10:00a
- Location: Parking areas
- Hightower will have yellow reflective vests for you to wear.
- Bring a flashlight to help direct traffic.
- Under perfect conditions, here are the locations for parking.



- The first round of spectator and bus parking will be the most important. It will be dark, so having people in place to direct them into the property correctly and set up an organized parking pattern.
 - Buses will arrive the earliest (usually about 1-1.5 hours before 1st race time).
 - I would like for the asphalt area nearest the office to be reserved for handicapped & “Senior Citizen” parking! There’s not a way to officially enforce it, however, I think most people would abide if there were signs.

- Anyone who would like to create and post them would be great!
- Just an FYI...parking is the biggest unknown right now due to the recent rains and sogginess of the area. My gut feeling is that it will dry up enough for the weight of passenger vehicles, but we need a lot of sun to dry the ground enough for the weight of a bus! I have a back up plan for this, but I’m hoping that Plan A will work.

Bicyclist:

- This might be a shot in the dark, but I wanted to throw it out there...
- Each race needs a ‘lead vehicle’ and a ‘follow vehicle’. I do have vehicles (and drivers) lined up for this, however, if conditions remain wet, these vehicles will worsen the conditions of the running surface pretty quickly.

- Does anyone know of any adults who would be able to be the lead and follow bicyclist? They'd have to be in shape...it's 4 races of 3.125 miles and 2 races of 2-miles.

Water Transportation:

- Time Commitment: 5:45 am-7:00 am;
- Location: From HHS ice room to LKP
- Need: truck and muscles :-)
- Load and transport the 'Water Cows' from HHS to LKP.
- They will be already filled with ice and water and the batteries will be charging. We just need to get them transported and delivered to the park.
- We'll also need these transported back to HHS, but will be much easier once all the water is removed from the coolers.

<https://www.signupgenius.com/go/30E0D4CA8A929A5FF2-hhsxcinvitational>