Dear Cross Country Parents and Athletes,

Welcome to the 2016 Westlake cross country team. We want to give everyone a heads up on important dates, events and requirements to participate on the cross country team. Below and attached are several documents some of which are ***tentative***, but we wanted to pass along the most important dates as soon as possible.

First off, we are trying to update our team roster so can you please respond to this email and simply just type in the information below.  If you are a returning runner and you have no changes to contact information please respond with “No changes” so I can confirm you received the email.

**Athlete Name:**

**Athlete email:**

**Athlete phone #:**

**Parent Name(s):**

**Parent phone number(s):**

**Parent Email(s):**

**Training Groups & Time Frame**

We train two groups of athletes in the morning – Cross Country (5k runners) and a 400/hurdle group.  These groups have different training plans and goals in regards to their training.  All athletes train 5-6 days a week with practices at Zilker Park or WHS starting promptly at 7:00 am and finishing at 8:30-8:45 am.   We then carpool or drive students back to campus by bus.  The athletes have until the start of 2nd period (9:45) to shower, eat and work on homework/attend tutorials.  All athletes will be issued a locker the 1st week of practice.

**Meet Schedule - Attached**

Our meet schedule is still a work in progress as we are waiting for confirmation from hosting schools, but it is the most accurate schedule to date. When the meet schedule is 100% confirmed we will send out any updates to the schedule with links to driving directions, course maps and time schedules for all races.

**Summer Practice Schedule - Attached**

Summer practices are not mandatory but an opportunity to run with your teammates during the summer and prepare for the cross country season.  We understand that athletes have family vacations, camps, and commitments; however we expect that you make an effort to run during the summer as your teammates are counting on you to perform.  Summer training schedules will be sent out later in the month.

**Physicals & Paperwork**

Physicals: All athletes are required to have a physical on file on or before August 1st - the first day of practice. The physical forms (Neon Pink) are available online, in the athletic training room and at your home campuses as of May 2nd.  The physical is good for the entire school year and all club and UIL sports.  Spring physicals are available at WHS on May 11th  at 6:00 in the competition gym.  Payment is $25.00 per athlete. Only cash or check and please make checks out to Eanes ISD.

Additionally, all athletes must complete their online paper work, which consists of UIL form, emergency contact, etc…..   If you would like to begin the process you can go to [eanesisd.rankonesport.com](http://eanesisd.rankonesport.com/" \t "_blank). All forms must be completed online and no paper copies are available.  Once completed these forms are good for the whole school year and all sports.

Our 2016 coaching staff

-     Coach Lantzy -  Head Coach - Girls -   [plantzy@eanesisd.ne](mailto:plantzy@eanesisd.net" \t "_blank)t

     Coach Mound - Assistant Coach - boys & girls -   [smound@eanesisd.net](mailto:smound@eanesisd.net" \t "_blank)

Coach Bonnecarrere Head Coach Boys bbonnecarre@eanesisd.net

If you have any questions please do not hesitate to contact us.

**PJ Lantzy**

US History Teacher

Girls Cross Country Coach

Girls Track & Field Coach

**Bert Bonnecarrere**

Economics

Boys Cross Country Coach

Boys and Girls Track and fie