



2024

Cross Country

Parent Meeting

Welcome!

2024 Coaching Staff

Head Coach: Jessica Richards

Assistant Coach: David Drueckhammer

Assistant Coach: Abigail Richards

Athletic Trainers



Logan Steiner

Kim Oku-Forrester

- **Evaluation & treatment will be available at morning practice during the school year**

Required Paperwork Needed

- Email Address (Checked at entrance)
- Birth Certificate
- Proof of Residency
 - (July bill only)
- MISD Forms - RankOne
- Physical



District 9-5A

Anna

Denison

Greenville

Melissa

Sherman

McKinney North

Prosper Walnut Grove

Lovejoy



Communication Chain of Command

- Parent/Athlete Emails
- Big/Little XC families
- SportsYou
 -

#NODAYSOFF

Philosophy

- Academic/Athletic Excellence
- Self-discipline, responsibility, productive members of the team
- Build Life Skills through character curriculum
- Believe in their teammates, coaches and our program

#NoDaysOff

Program Policies

It is a privilege and an honor to represent McKinney North as an athlete. Cross Country athletes who will be competing at meets are based on endurance, team chemistry, attitude and work ethic.

Participation in athletics is a privilege, it is not a right!

Every decision is made for the benefit of the total program.

Expectations for the Classroom

- Attend school EVERY day and be on time.
 - Manage your time well. Missing any athletic period for tutorials is **unacceptable**.
 - Athlete contacts Coach Richards or Coach D if you are absent from school.
 - Be the best STUDENT-ATHLETE you can be!
-

Athlete & Team Expectation

- Be loyal to the team.
 - Leave coaching to the coach.
 - Inform your parents in advance of upcoming events to avoid confusion. It's your responsibility to communicate!
 - Failure to come to a Saturday or holiday practice will result in losing a racing position or not traveling to the next meet.
 - Communication with your coaches is key!
 - Missing practice with no communication will result in loss of racing opportunities
-

Practice & Meet Expectation

- Cross Country is a sport. It is not a “part-time sport.”
 - Summer practices are at 7:30am - we start then!
 - In-season practices (start 7/24) - Be at practice on time, in the indoor before 6:00 am.
 - MISD has and instills a heat, cold and lightning policy.
 - WE WILL PRACTICE OUTSIDE, RAIN OR SHINE!
 - Practice does not make perfect....perfect practice makes perfect.
 - Do not leave the indoor without permission.
 - 6:00 AM for treatment
 - Athletes will see the training staff to evaluate an injury BEFORE you go to a physician.
 - Do not go to the athletic training room without coaches knowledge of approval.
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Practice & Meet Expectation

- Ride the bus to and from **ALL** meets.
 - Warm-ups will begin when the group leader says to warm up; cool-downs will begin when the group leader says to cool-down.
 - During a meet you cannot pull yourself out of an assigned event unless you receive permission from Coach Richards. You cannot leave the meet before the completion of the final race unless you have received permission from Coach Richards.
 - **RUN THIS SUMMER!!!!!!**
-

Must-haves for XC

1. Physical completed and cleared before May 24th
 2. Appropriate running shoes
 3. Water bottle each run
 4. Post-run snack
 5. Watch (preferred GPS watch but any watch to record at least time)
 6. Towel/yoga mat for stretching, core, yoga during the summer
-

Where do I find all my questions/information?

www.mnhsxctf.com



Final Surge/Strava

Final Surge: create an account with the email address you use for weekly emails. Then accept the invitation from Final Surge

Strava: <https://www.strava.com/clubs/652512>



SportsYou



***Trainers-* 300 miles**
***Spikes-* until worn out or fit**
becomes a problem



PAY IT FORWARD

HELP ESTABLISH A FUND FOR KIDDOS
NEEDING HELP PURCHASING CROSS
COUNTRY AND TRACK SHOES.

**JOIN US IN
SHARING
KINDNESS
TO OTHERS!**



**PLEASE SUBMIT A CHECK (TO MISD
ATHLETICS) VIA ATTACHED ENVELOPE TO
COACH OR VENMO @KRISTENCRAIN
(SHOES IN SUBJECT LINE)**

PAY IT FORWARD

HELP STOCK THE THE COACHES' DRAWERS WITH NUTRITIONAL SNACKS FOR KIDDOS WHO NEED THEM.

**JOIN US IN
SHARING
KINDNESS
TO OTHERS!**



PLEASE TAKE ONE OR MORE "FOOD SHARING" LABELS AND RETURN THEM WITH INDIVIDUALLY PACKAGED NUTRITIOUS SNACKS (BARS, TRAIL MIX, ETC) AT ANY TIME THROUGHOUT THE YEAR



MNHS XC/Track Booster Club



Welcome!

Who We Are

What We Do

Join, Connect, & Contribute



MNHS XC/Track Booster Club



Meet The Team!

- President: Kristen Crain
- Vice President: Jennifer Cox
- Secretary: Stacy Hulin
- Treasurer: TJ Trusty
- Concessions: Tyler Kenealey
- Event Coordinator (*banquet, race volunteers*): Opening ('24-25)
- Fundraiser/Sponsorships (*fall & spring*): Jennifer Cox / Gary Wielgoszinski (unofficial)
- Team Meal/ Snack Coordinator (*smoothies/ xc dinners*): Shannon Critchfield & Michelle Johnson
- Webmaster: Andrea Hansen
- Spirit Wear Chair: Melissa Cantu

MNHS XC/Track Booster Club



What is the booster club?

Parents (& grandparents) working together to support athletes, coaches, and the XC/track program by providing volunteers and additional funding.

What do we do?

- Coordinate volunteers for events
- Organize program events
- Support athletes & coaches
- Provide snacks and serve meals
- Raise funds for program needs
- Help coaches attend conferences

MNHS XC/Track Booster Club



By the Numbers

In 2023-2024 season, the XC/ Track Booster Club supported the program through fundraising and volunteering.

End Balance March 2024

\$23,000

Volunteer Hours

- Concessions 67 hours
- Morning nutrition 31 hours
- Team Dinners 27 hours
- XC/T&F Meet Support 172 hours
- Total 297 hours

WHAT WE DO ...



Team Website- www.mnhsxctf.com



McKinney North XC 2023

#NoDaysOff



Don't forget to share **YOUR** pictures in our shared drive

Share here 



Subscribe Form

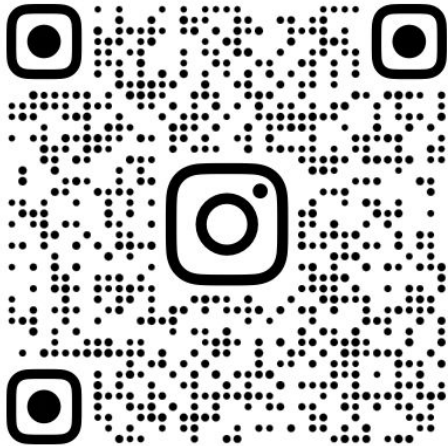
e.g., email@example.com

Join

Team IG- @MNHSXCTF



mnhsxctf



MNHSXCTF



HAVE A SENIOR?? FREE FOR SENIORS



BE ON THE LOOKOUT FOR THE
EMAIL WITH INFORMATION
AND DEADLINES FOR THE
PUPPYGRAM SUBMISSIONS!!

**Personal Ads
DUE 8/1**



VARSITY SOCCER



#15
Tara
TISSERAND
Senior 2023



Always remember the life lessons soccer has taught you. When you get knocked down, get back up. Do the hard work, but have fun while you do it. What is the without goals? You are part of something bigger than yourself. Lessons will happen, learn from them and grow. If you miss, take another shot. Be patient. Some things require endurance and there are still 90 min to be your biggest fan! It has been an honor watching you play the game you love so much. We can't wait to see where your next chapter of life takes you.
We love you Tara,
Mom, Dad and Brandon



Full page print ready
\$150

Half page and full page ads are customizable for an extra \$25. Scan QR to showcase your athlete.

SENIOR



Trigger,
We love watching you kick for the DAWGS!
You are one of a kind &
we could not love you more.
Your Daddy would be so proud of you.
Love, Mom, Blair & Uncle Jeff

Half page print ready **\$100**



We hope you have
the best first year
of drill team ever!

Love you the most!!
Mom, Dad, and Gillian



**Sami
Pertee**

NORTHSTARS

Quarter page **\$75**

DUTTON



**BUY A
PERSONAL AD
AND WE WILL
PRINT OUT
FOR RETURN
TO SCHOOL XC
LOCKER
DECORATIONS**

**Lindsay
Baird**



VOLLEYBALL

Business card
\$ 35

Full Page \$150
Half Page \$100
Quarter Page \$75
Business Card \$35

Watch email/
newsletter for
information on
ordering!

DUE 8/1

Bulldog Running Annual Sponsor

All inclusive package includes

1. Ad in MNHS Spring & Fall sports program
2. Gold Package for Bulldog Run
 - logo on t-shirt
 - logo on vinyl banner which will be displayed at MNHS track/football field
 - 2 registrations for run
 - 3 run t-shirts
 - vendor table at run
 - Sponsor recognized on XC/T&F website
3. Easy-up advertising on MNHS tent, used at all XC and track meets
4. Social media post
5. monthly (shares and/or promotions)



Package Cost for 2024-25 year:

NEW!

For Profit:

Quarter page ad in program: \$1200

Full page ad in program: \$1500

Non-profit:

Half page ad in program: \$1050

Full page ad in program: \$1250

MNHS XC/Track Booster Club



Pay your
2023 XC Dues

[PAY NOW](#)



Access Team Calendar
HERE



Southlake Carroll Invitational

AUGUST 26TH
TBD
@ TBD

FREE SHIPPING ON ALL ORDERS \$100+

Best Sellers



Spiral notebook
\$14.95



Unisex t-shirt
\$17.10



XC Morn 23-24 Women's Relaxed T-Shirt
\$18.25



I COMPETE Unisex t-shirt
\$17.10



Jessica Richards
Head Cross Country Coach

[email Coach Richards](#)



David Drucekhammer
Assistant Cross Country Coach

[email Coach Drucekhammer](#)



MNHS XC/Track Booster Club

The image shows a screenshot of a website for the MNHS XC/Track Booster Club. The top navigation bar includes links for Home, Dues & Events, Results, Coaches, Volunteer, About Us, Contact Us, and Shop. The 'Volunteer With Us' section features a sub-header 'Serve our Athletes' and two buttons: 'SIGN UP' and 'Food Handling Training'. A large image of popcorn is displayed next to these buttons. The 'MEET RESULTS' section features a bulldog logo with an 'N' on its collar, the text 'Intra-squad time trial & brunch social', and the event details: 'JULY 29TH 7:30-10:30AM @ AL RUSCHHAUPT PARK'. A dark blue box with the word 'RESULTS' and a 'HERE >' button is also visible.

Home Dues & Events Results Coaches Volunteer About Us Contact Us Shop Log In

Volunteer With Us


Serve our Athletes

Concessions

[SIGN UP](#)

[Food Handling Training](#)

MEET RESULTS



**Intra-squad
time trial &
brunch social**

JULY 29TH
7:30-10:30AM
@ AL RUSCHHAUPT PARK

RESULTS

[HERE >](#)

MNHS XC/Track Booster Club



2024 Cross Country Dues are: \$75**

Your fees include:

- Booster Club Membership
- Uniform, backpack, team equipment, and safety equipment for your athlete (first running light and safety vest are provided– lost or damaged equipment will be replaced at athletes expense)
- Breakfast Club expenses (breakfast options for kiddos)
- Food after designated meals
- End of Year Banquet expenses

**Pay via check or website (credit)



Yard Sign - personalized with athlete's name

Details



Car Decal- personalized with athlete's name

Add to Cart



2024 XC Season Dues (pay with check)

Add to Cart



2024 XC Season Dues

Add to Cart



2024 XC Season Dues (3 month payment plan- \$25/month)

Pay dues here



Scan me!

You have been invited to Bulldog XC on **sportsYou**.

Download the app here:

<https://sportsyou.app>

Your team code is: 2G5V-N8E8



Pay your
2024 XC Season
Dues

PAY NOW



Contact form

Name *

Enter your name

Email *

Enter your email

Phone

Enter your phone number

Address

Enter your address

Subject

Type the subject

Message

Type your message here...

Submit

INTERESTED IN HELPING?

LET US KNOW!!

HERE 😊



SCAN ME