



2023
Cross Country
Parent Meeting

Welcome!

2023 Coaching Staff

Head Coach: Jessica Richards

Assistant Coach: David Drueckhammer

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 13-5A

Denison

Greenville

Melissa

Sherman

McKinney North

Princeton

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.
-

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 June 1st
 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
-

XC total calendar



Where do I find all my questions/information?

www.mnhsxctf.com



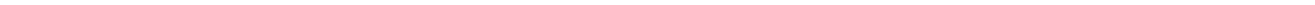
Final Surge/Strava

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



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



Team Website- www.mnhsxctf.com



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McKinney North XC 2023

#NoDaysOff



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

Share here 

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: Neely Kennedy
- Secretary: Stacy Hulin
- Treasurer: TJ Trusty
- Concessions: Tyler Kenealey
- Event Coordinator (*banquet, race volunteers*): Paula Culbreath (unofficial :)
- Fundraiser (*fall & spring; restaurant nights*): Jennifer Cox
- 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 2022-2023 season, the XC/ Track Booster Club supported the program through fundraising and volunteering.

End Balance July 2023

\$15,951.62

Volunteer Hours

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

MNHS XC/Track Booster Club



Let's Connect!

XC / Track and Field Website

- <https://www.mnhsxctf.com/>

Facebook Group

- <https://www.facebook.com/groups/mnhsxc-trackboosterclub>

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

McKinney North XC 2023
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Don't forget to share **YOUR** pictures in our shared drive

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 screenshot displays the website's layout. At the top, a dark navigation bar contains the following menu items: Home, Dues & Events, Results, Coaches, Volunteer, About Us, Contact Us, and Shop. Below this, a secondary navigation bar includes social media icons for Facebook and a link icon, and a user profile icon with the text 'Log In'. The main content area is divided into two columns. The left column features a 'Volunteer With Us' heading with the subtext 'Serve our Athletes'. Below this, there is a 'Concessions' section with two buttons: 'SIGN UP' and 'Food Handling Training'. A large image of a red and white striped popcorn bucket is positioned to the right of the 'Concessions' buttons. The right column features a large banner for 'MCKINNEY NORTH' with a background of orange and white streaks and photos of athletes. Below the banner is the heading 'MEET RESULTS'. To the left of the event details is a bulldog logo with a blue 'N' on its collar. The event details are: 'Intra-squad time trial & brunch social', 'JULY 29TH', '7:30-10:30AM', and '@ AL RUSCHHAUPT PARK'. To the right of these details is a dark blue box with the word 'RESULTS' in white, serif font, and a white button with the text 'HERE >'.

MNHS XC/Track Booster Club



2023 Cross Country Dues are: \$65**

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)



2023 XC Booster Club Fees

Add to Cart



2023 XC Booster Club Fees (pay via check)

Add to Cart



Yard Sign - personalized with athlete's name

Add to Cart



Car Decal- personalized with athlete's name

Add to Cart

Pay dues here



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

Download the app here:

<https://sportsyou.app>

Your team code is: 2G5V-N8E8



Pay your
2023 XC 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

MNHS XC/Track Booster Club



Contribute!

..... Volunteer

We need you.

- Concessions (number 1 financial contributor)
- Dinner
- Meets - gate, parking, events, snacks, dinner



Volunteer With Us

Serve our Athletes



Concessions

[SIGN UP HERE](#)