



Boyd Broncos Cross Country

2015





Coaches

Laura Keahey

Head Coach

Sara Hayes

Assistant Coach

Jordan Elgin

Assistant Coach

Communication

➤ Twitter: McKinneyBoydXC

This is the quickest way to alert athletes and parents of last minute changes.

➤ Team Website: www.mckinneyboydathletics.com

➤ Email: lkeahey@mckinneyisd.net
shayes@mckinneyisd.net

Text: Athletes have Coach Keahey's number to use when necessary.

We want our athletes to take the initiative to communicate with their coaches regarding absences, tardies, potential injuries, etc.

Meet Schedule

Our meet schedule is not yet complete. Our first meet will be the weekend of 8/22 and we will have a meet every weekend until the end of the season.

9/12/15 – MBXC Invitational

10/19/15 – District 6-6A meet

10/26/15 – *Region 1-6A meet*

11/7/15 – *State Meet*

Morning Practice

- Warm-up begins at 6:00 a.m. We will meet on the track for warm-up until cold weather season (we will meet in the indoor facility at that time).
- Practice is not canceled if there are storms. We will run inside if there is bad weather.
- We will run in the rain if there is no lightening.
- Athletes will be done with practice by 7:30 a.m. They have first period to shower, get dressed and eat breakfast.
- The cafeteria is open during first period for our athletes to purchase breakfast if they so choose.

Attendance

- Athletes should attend and participate in all practices and meets including those scheduled on school holidays.
- If your athlete is unable to participate for any reason, they must still attend practice.
- Athletes are not excused because they are tired, have work, hair appointments, etc. – **if an athlete is at school but not at practice**, the athlete's grade will be docked and participation at meets could be affected.
- If you do miss a workout for any reason, the ATHLETE must text or email Coach Keahey (lkeahey@mckinneyisd.net) explaining the reason prior to the absence.
- Athletes that are late to first period cross country will be counted tardy and will be counted absent after 7:41. These absences will not be changed.
- Repeated absences/tardies will result in removal from the team.

Tutoring

- All academic departments offer tutoring multiple times throughout the week.
- Cross country athletes that need to attend tutoring should do so after school to avoid missing practice. This may mean that your athlete attends tutorials with a teacher other than their own.
- If a conflict is unavoidable, Coach Keahey must be notified in advance. Notification the morning of is not acceptable.

Preventing Injuries

- Has your athlete been fitted for a running shoe?
- Proper nutrition, hydration and rest
- Hurt vs. Injured
- If an athlete is experiencing pain or discomfort when running, they need to let one of the coaches know. We may send the athlete to see our athletic trainer or ask them to adjust their running style.
- If an athlete is referred to the trainer, they must speak with the trainers and follow their recommendations.
- Athletes should not wait until morning practice to notify coach of a need to see the trainer.

Injuries

- Athletes should report **ALL** injuries to one of the coaches for referral to the trainers. The Boyd coaches and trainers should know athletes are injured before an appointment is made with an outside doctor.
- Our athletic trainers work with a local orthopedic doctor. Trainer Hutto and Trainer Chapman will refer your athlete to the orthopedic if it becomes necessary.
- These appointments will take place at Boyd during practice time.
- The Boyd coaching staff will follow all medical recommendations/guidelines set by the athletic trainers and/or doctor.

Meets

- We would love to see you at our meets!!
- ***Please do not stand at the start line with your athlete.***
- Cheer for all of our Boyd athletes and meet us at the finish. The coaches need the athletes to meet with them immediately after the race to receive feedback and cool-down instructions.
- Athletes are expected to stay for all races unless there are extenuating circumstances that have been cleared with the coaches in advance.
- MISD policy states athletes should travel to and from the meets on the bus with their team. If there are extenuating circumstances, these must be communicated to the coaches in advance and approved.

Meets

- Meet Itineraries will be emailed home prior to each meet. They will also be posted on our website: www.mckinneyboydathletics.com
- How are meets scored?
- Does everyone travel & compete?
- How are teams decided?
- Are places on teams permanent?
- We will train through each meet. In other words, our team goal is to perform our best at the district, region and state cross country meets, not necessarily PR at meets prior to those.
- We have practice the day before meets.

Equipment

- Athletes will be issued the items listed below at varying points throughout the season.
- Athletes are expected to return all items at the end of the season and pay for any damaged or lost items.
- Uniform
- Team shirt(s)
- Backpack
- Gray sweats
- Windsuit

Boyd Invitational

- We will host our McKinney Boyd Invitational on Saturday, September 12th at Myers Park.
- This is our biggest fundraiser for our booster club. In the past, our booster club has been able to help purchase a timing system for use at our cross country meets and track meets, buy additional equipment for the athletes and help fund trips and pre-season celebrations for the athletes.
- We need many volunteers!
- Coach Hayes – volunteer coordinator.

Concessions

- Track & Cross Country have multiple concession dates for which we are responsible. Your athlete will need to work at least one.
- We need parent volunteers as well.
- Any students that work in the concession stand must attend a food safety training. This training is good for 2 years.
- The next food safety training class will most likely be the week before school starts. More info will follow as it becomes available.

Let 'Em Run 5K

- Sunday, October 11th at Boyd
- Athletes can run or volunteer for green cord hours
- Great cause that benefits McKinney families affected by cancer.
- Athletes that register will be “buying” a day off – in the offseason.

SHOES

- Shoes are a runner's number one defense against injury!
- Runners should be fitted by a professional (RunOn! Or Luke's Locker)
- \$1.30 a day rule – shoes may look okay but the support will eventually break down. Make a note on your calendar of when your athlete will need new shoes every time you buy a new pair.
- Don't wear running shoes for everyday activity.
- Athletes need to wear shoes with good support at all times!

Other Random Items

- Beware of outside training!
- Blood Donation
- Wisdom Teeth
- Lacrosse Balls & Foam Rollers

Physicals, Paperwork & Rank One

- Any runner new the McKinney Boyd must have a current physical on file before they can practice.
- All returning runners must have a physical by July 1 before they can practice.
- Fewer Forms on Rank One!! All forms must be completed before August 3rd.
- Proof of residency and a copy of athlete's birth certificate must be on file by August 3rd.
- Texting through Rank One- new this year!

Booster Club

- Booster Board Members
 - President – Debbie Miller
 - Girls VP – Sheryl Baker
 - Boys VP – Barcie Vilches
 - Treasurer – Tami Peacock
 - Secretary – Kim Wilson

- We would like to have 100% membership in our booster club! We have forms here tonight – don't wait!