

# Hildebrandt Mustang Cross Country

**STRIVING FOR PROGRESS!**



**Hello Parents!**

**Thank you for being a part of the Cross Country program. Any successful program knows that the support and encouragement of parents is a key to a team's success! I am so happy to be here at Hildebrandt and coaching your kids. It has been a pleasure already and I can't wait for the rest of the season.**

What do I need to know about Hildebrandt Cross Country?

1. **Practices** are from 7:15-8:30 Monday-Thursday. If your student is an online student, please pick them up at the back of the gym by 8:30.
2. **Most meets are on Fridays for Girls and Thursdays for Guys.** (with the exception of two Thursday meets and two Wednesday meets at the beginning of the season. Schedule is below and also in Rank One for further clarification.)
3. Cross country meets consist of a 2 mile run. The top 5 place finishers and their places are added together and the lowest score wins.
4. **Uniforms** will be issued out to the team before their first meet. Please wash the uniforms on cold settings and air dry. It is the students responsibility to have their uniform for every meet.
5. **Picture day is TBD.**
6. **T-Shirts are TBD.**
7. Coach Hale will need **volunteers** for the Boys meet on October 1st and the girls meet on October 2nd . This is the meet Hildebrandt is the host. Please email me to sign up.
8. If a student misses more than one practice a week they will not be eligible for the meet.

## Contact Information:

Lauren Hale

Gym Phone: 832-249-5116

Email: [lhale1@kleinisd.net](mailto:lhale1@kleinisd.net)

The best way for me to reach the team and parents for updates is through the SportsYou app. Directions found to the below.



**Member Login: GWPUE658**



## Equipment

### recommended but not required:

- Wrist watch for timing and to pace workouts
- Brooks or New Balance shoes for running



## Meet Information:

Meets will begin at 5:30 PM. You will be allowed to take your student athlete home after their race **IF** the student has signed out through a google form in our SportsYou app. Students will only be allowed to ride home with their parents **unless** Coach Hale has written/emailed permission otherwise. This is for student safety.

## Meet Days:

October 1/2 @ Hildebrandt Boy/Girls

October 7/8 @Krimmel Boys/Girls

October 15/16 @Doerre Boys/Girls

October 21/23 @Hofius Boys/Girls

October 28/30 DISTRICT @Ulrich Boys/Girls

## School Addresses:

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*Krimmel: 7070 Farm to Market 2920, Spring, TX 77379*

*Hofius- 8400 W Rayford Rd, Spring, TX 77389*

*Doerre- 18218 Theiss Mail Rte Rd, Spring, TX 77379*

*Ulrich- 10103 Spring Cypress Rd, Houston, TX 77070*

*Strack- 18027-S Kuykendahl Rd, Klein, TX 77379*

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