

Dear Parents,

I hope all of your families are staying safe and healthy. These are definitely strange times and for sports, it was such a disappointing end to the school year.

Every year during the middle school cross country season I attend each meet so I can watch and interact with incoming freshman athletes and parents. I enjoy getting to meet so many young athletes and inform them of the process of joining cross country at Plano West. Obviously that didn't happen this year, so I thought I would pass along info to those interested.

Our Cross Country athletes are among the hardest working athletes at Plano West. We train all summer long (Mon-Sat) and begin as soon as school gets out. For now everyone will be training on their own but once the restrictions are lifted and we are able to meet as a team we will have practice at 7am and will meet at Plano West or one of the local parks to train.

It's okay if your son or daughter is out of shape but would like to join us. In the past I've had a range of athletes that go from running 50-60 miles per week down to those that can't even finish our 1-mile warm up, so all are welcome.

The only things I require my athletes to have are a good pair of running shoes, a watch (preferably a Garmin - if not, then at least a stopwatch), a water bottle, and consistency. You have to be consistent in your training to see progress and improve as a runner.

For more information or if you have any questions, don't hesitate to contact me.

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Thanks for your time and I look forward to hearing from you.

Coach Fairchild

Plano West Track/XC Head Coach