



VASQUEZ
HIGH SCHOOL
CROSS COUNTRY TEAM

Dear Cross Country Parents,

We are about to embark upon what I hope will be our 2020 XC season. For new incoming athletes and parents, I would like to take this opportunity to introduce myself. My name is Hiroyuki "Mike" McKnight and this will be my third season coaching the Girls and Boys XC team at Vasquez.

As you well know, we are navigating some very challenging and uncertain times with the Covid-19 pandemic. Sports and associated activities have been severely impacted while questions remain regarding what will happen with summer training and the fall XC season.

I am asking that the parents of all athletes (both new & returning) interested in participating in XC this fall email me at coachmcknightxc@gmail.com the following basic information:

1. Parent's Name(s)
2. Athlete(s) Name & Grade in Fall 2020
3. Parent(s) Contact Email
4. Parent(s) Contact Phone#
5. Athlete's Cell# which will be used for Invites to the GroupMe app (used to communicate with XC Team members)
6. Student's email address (This will be used for online coaching platform invites)

Assuming for now that the 2020 XC season is a go, it will be important for all athletes to complete and/or update their **Online Athletic Clearances**, and in particular the **medical clearance physicals**; sooner, rather than later. My understanding is that our Athletic Director, Sheldon Sparks, will be providing detailed information about the online athletic clearance process under a separate transmittal.

Please Note: New and returning student athletes will not be allowed to participate in summer team practices unless their Athletic Clearances/ physicals are completed, current, and/or updated accordingly.

I will use the contact information you provide to keep everyone informed as we get more information regarding the direction of our XC season and summer training, etc. Team practices usually begin in mid-July after the two 2-week athletic dead period has concluded, but I expect all athletes this year to be able to run at least 3-miles when they show up for our first practice.

Its been brought to my attention that many students wish to get started on their base training as soon as possible. This is something I strongly encourage, especially since many students were not able to run track or play other sports this spring.

Students can and should start running on their own (in a safe manner/environment), especially since we do not know how long stay-at-home and group activity restrictions will stay in force. That said, I intend to put together a pre-season training program that will be made accessible to all team members and prospects via my personal online coaching platform. It will provide a daily workout calendar for athletes and a mechanism for me to track all participating athletes so they are accountable. Those students that have a Garmin GPS watch will have the capability to automatically upload/link their daily workout data from their Garmin account into my coaching platform. Those athletes that don't have a Garmin watch can manually input their daily workout specifics. I will provide more detail and the timing on this as soon as I have parent contact info and a feel for our tentative roster.

Thank you in advance for your patience. I will strive to keep you informed as additional and updated information becomes made available to me. I look forward to coaching your child and will do everything I can to make this an enjoyable and enlightening experience for everyone.

Regards,

Hiroyuki "Mike" McKnight

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