

Day		Time Schedule / Workouts / Events
Monday *Reminder to Families: No DOGS at Gale Woods.	10/15	8:00am: Varsity can pick up warm-ups in my classroom (C314). If you don't want them until we are about to leave, that will be fine too. 1:35pm: Varsity excused for 2:00pm departure (includes Karn, Price, Sharpe) 2:45pm: JV excused for 3:00pm departure 4:10pm: Varsity 12 Race 5:20pm: JV 93 Race 6:15pm: Awards
Tuesday	10/16	3:30pm: Varsity-no impact, Lift; JV-Medium
Wednesday	10/17	3:30pm: Varsity-Medium; JV-Long
Thursday No School: MEA Break	10/18	10:00am: Varsity Hills; JV OFF.
Friday No School: MEA Break	10/19	10:00am: Varsity Medium; JV 8x400s (grass)
Saturday *Meet at Central MS	10/20	10:00am: Varsity Longish; JV Medium (CENTRAL MS)
Sunday	10/21	Varsity—OFF. JV—2-3 Miles + strides (Meet Prep)

Freshmen: Don't be dumb! Stay healthy, sleep, and eat like a champion. And get ready to throw down at your last two meets!

10-12: The Conference Meet is the time to get it rolling! You guys are going to feel stronger than you have all year—it will show each of the next two Mondays.

Reminders for All:

1. Bring warm clothes for AM practices! Even if the forecast looks nice, it is typically pretty cool in the morning.
2. MEA Break Expectations: **If you are a varsity athlete, you are required to be at all MEA practices. If you are in town, you are expected to be at practice at Wednesday-Saturday.** However, if you are not a top runner, your family is leaving town, or if you have college visits planned, those will be excused absences. Make sure you follow the training plan in order to put yourself in a position to be at your best on Monday at Lefty Wright.

Conference Meet: The forecast calls for mostly sunny, low 40s, and 10mph winds. That's going to be awesome racing, but on the cool side before things really kick off. Be prepared. I think we had a nice modification of our practice schedule to set you guys up well for Monday. We backed off a bit from the workout volume on Friday. That, paired with a couple of easy days on Saturday and Sunday, should have you primed and ready.

Next Week: Monday is the Lefty Wright Meet. Get pumped for the #6-Peat. Uniform turn-in will be the following day right after school. Also, on Thursday of next week, we will tentatively plan to have the 6th Annual Fantasy Cross Country 1600m Time Trial. Coach Heebink beat me by a point last year for the title, his second in a row. So if he drafts you, be prepared for a hard workout Tuesday and Wednesday. Enough is enough.

Inspirational Quote: *"Don't give anything away. Never make it easy for the guys you are trying to beat."*

–Bill Bowerman.

