

Day		Time Schedule / Workouts / Events
Monday *Everyone Meets at Softball Fields	8/20	8:30am: Varsity (if you did threshold last week)-Long Hills; JV (time trial runners) Threshold 7:00pm: Shakeout and Strength Lift
Tuesday	8/21	8:30am: Varsity/JV Medium Run + Strides, Abs and Back; MS 1600m T Trial 5:00pm: 3 Winners Card Sale @ High School. Done by 8:00 at the latest. Bring back your money tonight! *No PM practice due to 3 Winners.
Wednesday	8/22	8:00am: V-Uniform Handout in the School 8:15am: JV-Uniform Handout; Medium Run + Build-ups; Lunges 8:30am: MS practice – Medium Run 9:45: HOME RUN DERBY! (no PM practice)
Thursday	8/23	8:30am: Varsity/JV—60-60s at the HS; MS Uniform Handout AFTER workout 7:00pm: Shakeout and Yoga; Make-up.
Friday	8/24	8:30am: V, JV, MS—Pre-Meet, Drill Tutorial, Circuit Lift
Saturday	8/25	St. Cloud Apollo: Varsity/JV @ 10:30, MS @ 11:00 or 11:30 (depending on meet director changes...parents, plan on 11:00 so you don't miss it) **BUS LEAVES WHS @ 7:35am**
Sunday	8/26	OFF or LIGHT on your own.

Rookies: You are probably a little sore and tired coming into the week. That is fine—it is natural. Keep working and be sure not to overdo it.

Freshmen: If you would like to double, you only get to run once a week. But lifting / yoga you can do are unlimited.

10-12: It was a good first week. You guys have started to make the adjustment with the 50 9th graders replacing the 25 or so guys who graduated. Keep working on incorporating those young guys into the team—especially through our workouts that will involve you being divided into specific training groups.

ALL: One thing we talked about at length on day two was the process...putting in the work in a way to achieve the best results for ourselves as individuals and the team as a whole. One area we need to improve upon is in our drills and lunges. There is a lot of sloppiness present—focus and get it done right.

Reminders:

1. Parents should look at joining the **BOOSTER CLUB** to help support the program. It was a good start at the Alumni Meet and Parent meeting. Questions, contact Coach Popp, Tonya Brandt, or Aimee Devins.
2. When you take 3 3-Winners Cards to sell, you are responsible for their well-being. Don't lose them OR the money you collect once they are sold. IF you can sell more than 3, that is encouraged and much-appreciated. Remember, this is also a St. John's competition! Get after it. (Pre-selling is allowed)
3. **SLEEPing** and **EATing** right are the best two ways you can recover from the work you are doing.

Next Week: Practice moves to 4:00pm on M,T,W. On Thursday, most HSers and some MSers will attend St. Olaf's meet in the A.M. On Friday, our top group of 15 (excluding 9th graders) will travel to Marshfield, WI, to compete in their Saturday Invite. Everyone else will have 8:30am practice, and then be away from practice until school starts.

Inspirational Quote: "It's the little details that are vital. Little things make big things happen." --John Wooden