

Day		Time Schedule / Workouts / Events
<b>Monday</b> <u>*Everyone Meets at Softball Field pinwheel this week.</u>	8/12	8:00am: <b>Varsity Only—Meet at 8:00 AT TRACK for Threshold</b> 8:30am: <b>All JV—3200m Time Trial / Tryout</b> 8:30am: <b>MS—workout on the fields</b> <b>6:40pm: Potential Captain's Meeting (seniors only)</b> 7:00pm: All are welcome for a shakeout run. PM Strength LIFT.
<b>Tuesday</b>	8/13	8:30am: V, JV, MS—Medium Recovery *St. John's Draft post-workout 7:10pm: Shakeout and Make-up. <b>YOGA at 7:35.</b>
<b>Wednesday</b>	8/14	8:30am: V, JV, MS— <b>Long Run</b> No PM Practice.
<b>Thursday</b>	8/15	8:30am: V, JV, MS—Medium Recovery + Build-ups; St. John's Game 1: Frisbee Toss <b>6:30pm: Parent Meeting in HS Auditorium</b> 7:10pm: Shakeout and Make-up. PM LIFT.
<b>Friday</b>	8/16	8:30am: V, JV, MS—Pre-meet—20-30 minutes. Make-up Time Trials will be run on this day. **No pm practice.
<b>Saturday</b> *Meet on Soccer Fields	8/17	<b>Alumni Meet</b> at 10:02. Warm-up at 9:10. Be at the school between 8:30-8:45. 10:40: Awards. PM: OFF or Short evening run on your own.
<b>Sunday</b>	8/18	OFF—take someone or something for a walk.

**Rookies:** Running is hard. It will hurt. But the difficulty and soreness will fade. Keep at it and don't get discouraged! After a while, getting out for a run with your buddies will become your favorite part of the day. Practice each day will get done between 10:10 and 10:30 for most of you, depending on the workout.

**Vets:** You need to lock in your nutritional and rest habits. Make sure your body is getting good calories, stay hydrated, and develop a consistent bed time that you will be able to carry over into the start of school. We see so many kids get sick and hurt in those early weeks of September because they have not gotten themselves ready.

### Reminders for All:

1. Your parents should join the **BOOSTER CLUB** to help support the program. Questions, contact Coach Popp.
2. The XC portion of the parent meeting is relatively quick. Especially for parents of new HS runners, this is a good thing to go to.
3. I would recommend eating very lightly about an hour to 90 minutes prior to practice. You should also be sleeping 8-9 hours nightly.
4. 2019! Let's get after it!

**Next Week:** We practice Monday-Saturday with no races. The **3-Winners Card Fundraiser is on Tuesday, August 20<sup>th</sup> (THIS IS OUR ONLY FUNDRAISER...BE AVAILABLE FROM 5:00 TO 8:00)**; and the uniform handout will be on Wednesday, 8/21 at 8:00/8:30am to be followed by the Home Run Derby. **Our FIRST MEET (St. Cloud) will be Saturday!**

**Inspirational Quote:** You can act to change and control your life; and the procedure, the process, is its own reward.  
--Amelia Earhart