

Day		Time Schedule / Workouts / Events
<b>Monday</b> *Everyone Meets at Softball Fields	8/19	8:30am: <b>Varsity (if you did threshold last week)-Long Hills; JV (time trial runners) Threshold</b> 7:00pm: Shakeout and Strength Lift
<b>Tuesday</b>	8/20	8:30am: Varsity/JV Medium Run + Strides, Abs and Back <b>5:45pm: 3 Winners Card Sale @ High School.</b> Done by 8:00 at the latest. Bring back your money tonight! *No PM practice due to 3 Winners.
<b>Wednesday</b> *HS Groups are listed on 2 <sup>nd</sup> page of Newsletter	8/21	8:15am: HS Groups 1-4 <b>Uniform Handout</b> in the school followed by w/u 8:25am: HS Groups 5-9 Uniform Handout in the school followed by w/u 8:30am: MS practice (meet at pinwheel for normal practice) <b>HS-pay attention to instructions, we want to be able to do uniforms and have a smooth transition into our workout today: 60-60s</b>
<b>Thursday</b>	8/22	8:30am: Medium run followed by <b>Home Run Derby.</b> 7:00pm: Shakeout and Yoga (potentially); Make-up.
<b>Friday</b>	8/23	8:30am: V, JV, MS—Pre-Meet, Drill Tutorial, Lift
<b>Saturday</b>	8/24	<b>St. Cloud Apollo: Varsity/JV 5k @ 10:30, MS 3200 @ 11:00</b> <b>**Buses leave Athletic Entrance of HS @ 7:45am, return by 1:30pm</b>
<b>Sunday</b>	8/25	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. Things get easier as we get into the season.

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

**10-12:** Great first week and solid performance at the Alumni Meet. There are lots of opportunities for guys this year to play major roles at the varsity and JV level.

**ALL:** Remember the rules that control where we run on and off campus. Middle Schoolers: if you are unsure of anything at all, ask a teammate or coach. If there are gray areas around absences, review the attendance policy / speak with a coach.

## 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 or our Booster Rep 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 3:30pm** 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 will travel to Marshfield, WI, to compete in their Saturday Invite. Everyone else will have 8:30am practice on Friday, 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

**HS Groups for Uniforms on Wednesday**

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>	<b>Group 5</b>
Shuayb Hussein	Alex Foss	Preston Zhu	Ronan Leonard	Luke Greseth
Drake Young	Dennis Yurevich	Pranav Madasamy	Stefan Sundin	Gray Paulsen
Connor von Holdt	Sean Sticha	John Quimby	Zakariya Hussein	Alec Olson
Henry Oswald	Nick Cichoski	Brenden Hyvare	Jack Moy	Christopher Chi
Blake Hayden	Jake Boston	Umar Hasan	Jonathan Walker	Luca Raso
Abdi Robleh	Abubakar Robleh	Kaleb Feia	Zachary Nyquist	Connor Whealy
Caden Karn	Brenden Allen	Dylan Johnson		Carter Olson
Noah Kaster	Ethan Hanold	Joey Diesen		
Max Albright	Hamza Mohamed	Alex Williams		
Joel Ostapeic	Finn Hutchinson			
	Arnav Desai			
	Andrew Adams			
Charlie Ernst	Eli Hansen			
Matt Harries	AJ Karn			
	Caden Schmidt			
	Will Skogrand			
<b>Group 6</b>	<b>Group 7</b>	<b>Group 8</b>	<b>Group 9</b>	
Michael Hawkins	Max Franta	Cole Ciardelli	Petro Zaraszczak	
Fergus Kragenbring	Pearse Devins	Jonathan Inamagua	Jack Karban	
Liam Stroup	Luke Jenneke	Vansh Sharma	Caleb Moy	
Cole Balkins	Dane Bruce	Jacob Leisen	Luke Lopata	
Jacob Emmons	Arthur Zheng	Timofey Yurchenko	Aidan Rothaar	
Benjamin Harrison	Owen Dehm	Mat Miller	Achyuta T. Kandalam	
Matthew Kvistberg	Jaggen Qie	Bernie Meyers	Abhi Tummala	
Arason Sanchez	Will Peterson	Isak Arnold	Elvis Rotter	
Garrett Van Krevelen	Colin Nelson	Cameron Nagle	Matthew Pietrzak	
	Mitch Anonen	Austin Simons	Ben Voynov	
	Joey Moidl		Jackson Kaeter	
Stanley Marczak				
David Nelson				