

Day		Time Schedule / Workouts / Events
Labor Day Weekend		Long, preferably on Saturday morning. Other day should be off.
Monday (Labor Day)	9/7	5pm: GREEN POD ONLY – Workout at CMS (bring spikes) On your own: BLUE, RED, ORANGE pods – medium, 6 x 200m “strides” (wear your spikes for the stride portion if possible so Wednesday is not the first time)
Tuesday	9/8	3:45pm: Pre-meet
Wednesday *Remember, the transportation waiver allows parents or athletes to provide their own ride.	9/9	2:15pm: Green, Blue, and Red bus leave from the HS for Gale Woods 3:00pm: Orange bus leaves from the HS for Gale Woods 4:00pm: Waves 1-4 4:30pm: Waves 5-8 (race assignments will be posted) 5:15pm: All athletes have cleared the course and are on their way home
Thursday	9/10	3:45pm: Medium recovery and strides **HAVE YOUR BOOSTER BLITZ CARDS \$/Checks**Exchange for cards
Friday	9/11	3:45pm: Medium and build-ups
Saturday	9/12	9:00am: Threshold workout. Green Pod on track. Blue Pod meet @ CMS Orange and Red pods will have campus-based workouts.
Sunday	9/13	OFF—take someone or something for a walk.

COVID REMINDERS

- **Monitor your health.** If you have any signs / symptoms of Covid – 19, or have been exposed directly or indirectly to an infected person, be sure to let the coaches know immediately via email or phone, and then wait for clearance to attend practice. There is not one day of this season that is so important that you cannot miss it. There is not one day that is worth compromising the health of your teammates, coaches, and their families.
- **Facility Usage** is going to be extremely minimal. Athletes should also take care of any bathroom needs *prior* to arriving at practice, AND ESPECIALLY prior to our meets. You do NOT go in the building during practice time, or even attempt to do so.

WEDNESDAY'S MEET Details

We will be competing in a Tri against Buffalo and Edina at **Gale Woods Farms in Minnetrista**. Arrival on site should be 2:55pm. Remember, **fans** can now attend XC events, however we are limited to no more than two family members per athlete; I shared the additional Lake Conference expectations for fans with parents and on the website.

Additionally, the **transportation waiver** that you checked during registration allows parents to drive their athletes to meets, or even for athletes with a valid license to drive themselves.

Early in the week, I will publish a race schedule with each athlete assigned to a race. We will not mix pods on the bus, at any sort of “camp” site / staging area, nor will we mix pods in a race. We will get to run between 8-16 guys in each wave, and I will have all of our competing athletes assigned to a race by Tuesday. Your pod coach will help you figure out when and where you need to be to make this event work. Pay attention, follow instructions, and things should go smoothly.

I am looking forward to getting to see you guys compete! It's been way too long.

Reminders for All:

1. **BOOSTER BLITZ!** Again, we are looking for you guys to sell some cards. Hopefully, you have 1-3 sales arranged already. On Thursday, I want cash/checks for cards. Ideally, this is our only exchange of the year.
2. If it is not a financial hardship, your parents should join the **BOOSTER CLUB** to help support the program. Questions, contact Coach Popp.
3. Now that we are past the vacation phase of the year, our normal **attendance policy** will be more in effect. For a miss to be excused, you need to be in communication with the coaches. The only reasons are the normal ones (illness, family emergency, major family event) and not being able to find a ride to practice. **NO MATTER WHAT**, you need to be in communication with coaches about any misses.