

Parents, please check your inbox for an email from Coach Popp.

Thursday and Friday are tentative.

Day		Time Schedule / Workouts / Events
Monday *All groups will meet on the back field where Red and Blue have been so far.	9/14	3:45pm: Practice. Most likely a workout day. *We want to finish up with any Booster Blitz cards and get that off of our plate.
Tuesday	9/15	3:45pm: Medium
Wednesday	9/16	3:45pm: pre-meet for time trailers, medium long (55-60 min) for Friday racers. *
Thursday	9/17	3:45pm: Green Pod pre-meet 7:00pm: JV 3200m Time Trial: check the schedule and parent guidelines!
Friday	9/18	11:30am: Green Pod bus leaves for Round Lake Park 12:55pm: Green Pod vs. EP at Round Lake Park 3:45pm: Blue/Red/Orange Pod PRACTICE! Medium recovery.
Saturday	9/19	9:00am: Medium or Long – Meet at CMS.
Sunday	9/20	OFF—take someone or something for a walk.

Reminders for All:

1. Athletes, your health is the most important thing to us. Remember that you have multiple coaches, counselors, social workers, and teammates who can help see you through. In tough times especially, it is ok to lean on this system for support.
2. **Attendance:** please remain in communication with coaches about any upcoming misses.
3. **BOOSTER BLITZ** is wrapping up. Monday is the last day.
4. Assuming we do our time trial on Thursday night, we will have Booster reps on site somewhere with information and membership forms.

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.