

Day		Time Schedule / Workouts / Events
Monday	10/12	3:45pm: Varsity 8 – Medium + 4-6 x 200m strides; JV – pre-meet
Tuesday	10/13	3:45pm: Varsity 8 – pre-meet 6:15pm: Orange Pod reports for 3200m Time Trial vs. Stillwater (check the schedule online for heat sheets, etc.)
Wednesday *MEA Break (see attendance expectations below)	10/14	9:00am: JV practice 10:15am: Bus Leaves for Gale Woods (Sections) 12:00pm: Race
Thursday	10/15	9:00am: everyone practice. It will be in the 30s – dress warmly!
Friday	10/16	9:00am: everyone practice
Saturday	10/17	9:00am: everyone practice
Sunday	10/18	OFF—take someone or something for a walk.

All non-top 8 (or 9) runners: We have our time trial (3200) on Tuesday night! Check the schedule. We will have to be really deliberate with our entrances, exits, etc., as we will also have Stillwater on site. It's going to be a beautiful night – let's run some fast times!!

Varsity 8: After our tune-up on Monday, it's just doing everything we can to be ready to roll on Wednesday. Make sure you are taking care of yourself and putting your team in the best position to be successful on Wednesday and beyond.

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:** only those Blue/Red/Orange who have committed to being here daily the rest of the way should be at practice from now on. If you want to drop after Tuesday's time trial, communicate that to your pod coach. IF your family is out of town for a day or two, BUT you can still commit to training over MEA, communicate that to your POD coach. If you do not attend practice and do not communicate, you will not be running a 1600m time trial next week.
3. **It's going to be a nice fall week.** That means we will get some COOOOLLD overnight temps prior to those morning MEA practices.
4. **Next week, we will have a uniform turn-in for everyone! I will email details to athletes and parents.**

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. **DO NOT COME TO PRACTICE IF YOU ARE SICK.**
- **Keep your distance.** We want small groups of individuals during ALL running / extra activities.

- **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.