

Day		Time Schedule / Workouts / Events
Monday	8/16	7:45am: Varsity "Pod" meet for warm-up / workout. 8:30am: JV Time Trial runners meet for time trial. <b>*Goal Times &amp; Heats posted on website*</b> 7:00pm: Optional Double, Make-up
Tuesday	8/17	8:30am: Medium, Core X and Back
Wednesday	8/18	8:30am: Long, Planks and Push-ups
Thursday	8/19	8:30am: Medium, Build-ups, Hips 7:00pm: Optional Double, Make-up, Yoga
Friday	8/20	8:30am: Pre-Meet, Core X and Back
Saturday	8/21	8:45am: Arrive at HS ready to roll for the Alumni Race. Girls race at 9:00. 10:02am: 3200m race.
Sunday	8/22	OFF—take someone or something for a walk.

- **REGISTRATION** will CLOSE ON Wednesday for all 10-12 graders. If you show up at the school to register in person, you WILL NOT be allowed to practice until you have a yellow receipt confirming your full registration / ability to participate.
- **August 16-September 3** (Sundays off) gets us to Labor Day weekend. Once that gets closer, we will plan out next steps. **We will meet at 8:30am at the High School for the FIRST TWO WEEKS.** Practice will typically conclude around 10:15 on those days. In the 3<sup>rd</sup> week of practice, we will shift to 3:30pm as teachers prepare for the start of school. MS practice will also shift to Central MS that week.
- **Meeting Place:** We will be meeting outdoors at the softball pinwheel.
- **Monitor your health.** If you have any signs / symptoms of Covid – 19, or have been exposed directly to an infected person, be sure to let the coaches know immediately via email or phone, and then wait for clearance to attend practice.
- **WHAT TO BRING to practice:** Athletes should **ALL HAVE**
  - a clearly labeled water bottle
  - a string bag for belongings / mask—you should NOT share a bag, bottle, or any other personal belonging with another athlete
- **Timeliness:** Practice STARTS at 8:30, so plan on arriving before that. The END time of practices this week will be 10:15-10:30, with more experienced runners being around closer to that 10:30 mark. Please plan accordingly if you rely on adult transportation. We do not want athletes waiting around for extended periods of time if it can be helped.
- **Safety** while running in the community is always a big priority. Athletes should always follow all traffic / pedestrian laws. They will receive specific instructions about how to cross Peony/Lawndale as they leave the HS campus.

### Reminders for All:

1. I would recommend eating very lightly about an hour to 90 minutes prior to practice, if not earlier. You should also be sleeping 8-9 hours nightly.
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. 3 Winners sale – you can pre-sell and collect. We are shooting for 3 per athlete.

**Next Week:** AM practices all week at the HS, 3 Winners sales collection

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Inspirational Quote: