

Day		Time Schedule / Workouts / Events
<b>Monday</b> <b>BOOSTER BLITZ CARDS FOR \$\$</b>	8/23	8:30am: Medium, Build-ups, Planks and Push-ups -- COLLECT \$ in exchange for BOOSTER BLITZ cards. Bring cash / checks.
<b>Tuesday</b>	8/24	8:30am: Practice Postponed due to Thunderstorms  All BOOSTER BLITZ \$ / CARDS accounted for. 7:00pm: Main PRACTICE!!- Medium, Strides, Core X and Back
<b>Wednesday</b>	8/25	8:30am: Interval Workout – Varsity Meet at French Park (through Lackas), Hips *ask in practice if you are unsure
<b>Thursday</b> <b>**Pay attention to email/twitter/website for weather-related updates</b>	8/26	8:30am: Medium, Core X, Back  7:00pm: Optional Double / Make-up and Yoga.
<b>Friday</b>	8/27	8:30am: Medium, Planks and Push-ups -- St John's Free Throws!
<b>Saturday</b> Share the path!	8/28	8:30am: Long Run, Hips – MEET AT CENTRAL MIDDLE SCHOOL *Remember that Saturdays are required for all HS athletes.
<b>Sunday</b>	8/29	OFF—take someone or something for a walk.

- **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, except on Saturdays.
- **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
- **Safety** while running in the community is always a big priority. While on the paths on Saturday, be sure to be good community members and share / give others space.

### Reminders for All:

1. Please sell 3-4 Booster Blitz Cards!
2. 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.
3. EAT EAT EAT – try to avoid empty calories (chips, soda, candy), and eat your fruits and veggies! Make sure you are getting enough calories. EAAAAT!
4. If it is not a financial hardship, your parents should join the **BOOSTER CLUB** to help support the program. Questions, contact Coach Popp or Lynette Allen or Joan Cichoski.

**COMMENTS:** You guys had a great first week of training capped off by another successful Alumni Meet. I thought you guys did a nice job taking care of warm-ups, but perhaps the cooldown wasn't quite what it should be for some. As coaches and athletes, we'll work on that next time and throughout our practices these next 10 days. On the varsity side of things, we had several high-level performances, and the relatively tight spread between #1-4 indicates that we have a lot of good things to come this year. As we go down that depth chart, I saw a lot of guys running well, and some definitely surprised themselves by having a lot left in the tank. One of the reasons we race often in high school is because it takes a lot of reps for guys to figure out just how to expend their energy over the course of the race. Overall, I liked what I saw all day. As we move into next week, the goal is to keep getting more fit, strong, and consistent with everything we do.

### [ST. JOHN'S SCORING UPDATE](#)

**Next Week:** Practices move to 3:30pm at the HS or MS; St. Olaf is on Thursday for the majority of athletes

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