

| Day  |      | Time Schedule / Workouts / Events   |
|--|------|---|
| <b>Monday</b><br>*MASKS REQUIRED INSIDE THE BUILDING!  | 8/30 | 7:30am: Optional Double / Make-up<br>3:30pm: Threshold Workout, hips  |
| <b>Tuesday</b>   | 8/31 | 3:30pm: Medium, strides, Core X and Back  |
| <b>Wednesday—Athletic Entrance</b><br>*Bring your uniform with if you still have it from track. Otherwise, Mr. Waite will not give you a lock! | 9/1  | 3:00: Varsity uniform and lock handout (NEED A MASK INSIDE!)<br>3:05: JV Seniors / Juniors<br>3:15: JV 9 <sup>th</sup> / 10 <sup>th</sup> grade<br>*Once you have your uniform and a locker, you will get out for your pre-meet run. Strides, Planks, Push-ups. |
| <b>Thursday</b><br>*Masks must be worn on the bus! It is a federal requirement for all drivers, coaches, and athletes.                         | 9/2  | 8:00am: Varsity bus leaves for St. Olaf<br>8:45am: JV buses leave for Olaf<br>10:30am: Varsity 15 race – cooldown and watch JV<br>11:15am: JV 50+ race – cooldown and come home   |
| <b>Friday</b>  | 9/3  | 8:30am: Medium, Core X and Back -- St John's Free Throws! Required Practice!  |
| <b>Saturday</b><br>Share the path!   | 9/4  | 8:30am: Long Run, Hips – MEET @ Central MS<br>*Communicate with a coach if you have a family commitment this day. It will not count against you as an unexcused miss.   |
| <b>Sunday</b>  | 9/5  | OFF—take someone or something for a walk.   |

- **Monday through Wednesday** – take note of the adjusted start time. That is to accommodate our coaching staff, most of whom are teachers in the district. On Thursday, for the meet, we get a varsity race with 15 entrants (rosters are TBD) and a JV meet with everyone else. If you have not practiced enough OR if the coaching staff determines you are not yet fit enough to race a 5k, you will have a run on your own that day and a workout on Friday.
- **Thursday's Race:** We have a few HS-aged guys who are not yet ready to race a 5k. Coaches will talk with you this week. If you have NEW spikes, you should wear them for strides on Tuesday.
- **Labor Day Weekend:** Saturday is a day that we would love you to be there if you are in town. You will be excused for family commitments, but I want communication for it to be an excused. Monday will be a medium day on your own. Tuesday, however, is going to be a required practice and our key workout of the week. There is no school that day, but we will keep practice at 3:30pm.
- **MIDDLE SCHOOLERS** meet at Central. Look to your email for updates from Coach Bartels.

### Reminders for All:

1. You should also be sleeping 8-9 hours nightly. THIS IS EVEN MORE IMPORTANT with school starting next week.
2. 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!
3. 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.
4. **MONITOR YOUR HEALTH:** Last week, we sent a few kids home who showed up for practice even though they were ill. If you are not healthy enough to run normally, communicate with a coach and stay home. The same goes for school once that starts – if you are sick, stay home.

5. **WHAT TO BRING to practice:** Athletes should **ALL HAVE**

- a. a clearly labeled water bottle
- b. a string bag for belongings / mask—you should NOT share a bag, bottle, or any other personal belonging with another athlete. You need a mask in the building.

**COMMENTS:** It will be fun this week to get in our first 5k! The St. Olaf meet is usually pretty competitive, as lots of teams want to get a look at the State Meet course. We will get to enter 15 runners in the varsity division, and the majority of our HS team will compete in the larger JV race.

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

**Next Week:** Practices are at 3:30pm – we will meet outside. Saturday Night Lights is on the 11<sup>th</sup>: get ready to run fast!

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