

## XC Updates for the Week of September 7

Hi Team! I hope everyone is having a great Labor Day weekend. Please read the following updates for the upcoming week:

### **FROM COACH ROCK:**

The AT&T Panther Invitational was a success!!

We started off our home meet weekend with our socially-distanced team dinner and a message from Drew Hunter via Zoom. He delivered a great message to our athletes about overcoming obstacles and not tying self-worth to performance. Here is a link to his message and the questions that our runners stepped up to ask: <https://tinyurl.com/SMHS-DrewHunter>. PW is Panthers

On Saturday, we hosted almost 1400 athletes across 34 high schools and 17 middle schools, along with some individual runners. To be able to successfully carry that out requires a well-oiled machine consisting of volunteers, board members, and coaches. I am so grateful to be a part of a team that has each of those elements. Thank you!

As a result, our runners were able to compete against some tough competition with great success. Check out these top finishes!

- First place Freshman boys team
- Second place Freshman girls team
- Fourth place JV Boys team
- 18 top 20 finishes:
  - Darby Olive - 17th - Girls Varsity
  - Colton Olvey - 18th - Boys Varsity
  - Gabby Roach - 2nd - Girls JV
  - Elizabeth Miller - 8th - Girls JV
  - Sophia Bauer - 17th - Girls JV
  - Caden Strandburg - 1st - Boys JV
  - Ethan Aguilera-Morton - 19th - Boys JV
  - Kaylee Macoy - 3rd - Girls Freshman
  - Lyric Stevens - 6th - Girls Freshman
  - Ava Nelson - 7th - Girls Freshman
  - Kate Hamilton - 8th - Girls Freshman
  - Emily Aguilera-Morton - 10th Girls Freshman
  - Jessica Doyle - 18th - Girls Freshman
  - Karissa Dahn - 20th - Girls Freshman
  - Diego Ramos - 1st - Boys Freshman
  - Charlie Clem - 2nd - Boys Freshman
  - Bankson Roach - 3rd - Boys Freshman
  - Nikola Taylor - 8th - Boys Freshman
  - Eddie McCusker - 9th - Boys Freshman

For complete results, see: <https://ga.milesplit.com/meets/386987-9th-annual-atandt-starrs-mill-panther-xc-meet/results#.X1QKmHlKhPY>

**Practice Next Week:**

Monday and Tuesday are school holidays for the kids, but we are still having practice with adjusted times.

Monday - 8:30 - 10am - SMHS track

Tuesday - 6:30 - 8am - SMHS track

Wednesday - 6-7:30am - SMHS track

Thursday - 6-7:30am - SMHS track

Friday - 4-5:30pm - SMHS track

Saturday - Carrollton Meet (top 14 girls and boys runners) OR practice at SMHS track - 7:30 - 9:15am

**State Preview Meet (Carrollton):**

This year, the State Preview Meet has limited entries to the top 14 individuals on the boys and girls teams.

These are the individuals that are running in this

meet: <https://docs.google.com/spreadsheets/d/1iMHghA0lgnqZ1eSEdrlRxLNc6HwDZWfuV-6fb30GWXU/edit?usp=sharing>

If you are running at Carrollton, the bus will be leaving SMHS from the stadium at 5:15am. It is recommended, but not mandatory, that you ride the bus. If you are riding the bus, please complete the following form by

Tuesday morning: <https://docs.google.com/spreadsheets/d/1F0ahhXsa9dcDkbzk0urBvmcaJvG7BE-sky2eSvKsH6s/edit?usp=sharing>

**FROM OUR VOLUNTEER COORDINATOR:**

A huge THANK YOU to the 69 Volunteers who helped put together an incredible meet yesterday! Over the past few days, we have driven-in and removed hundreds of ground stakes, laid out and wrapped up miles of flags, set up and taken down signage and tents, checked in 50 bus loads of athletes, directed hundreds of cars for parking, provided direction and loud cheers to over 1,300 runners, gotten medical attention for injured runners, ensured spectators kept their distance from athletes, and wore our masks like champs! THANK YOU! Countless hours went in to ensure this meet was fun and safe for the athletes and it could not have been done without your help! Of course, we continue to make tweaks to the process and we welcome your feedback, as you are the eyes and the ears at our meets! Please let me know (email, text, phone call) what we can do, from a volunteer aspect, to continue to be the best XC program!

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Have a great week!

*Sent for the FLBC by  
Kelly Anderson*