

XC Updates for the Week of October 5

Hi Team! I hope you are enjoying the beautiful weekend. Please read the following updates for this upcoming week:

Asics Meet:

This weekend we had the opportunity to run against some of the top teams in the Southeast in the Championship division of the Asics Invitational. Lots of athletes were able to achieve PRs in this meet. It was great to see our runners excel after putting in the hard work all season. See the full results on MileSplit: <https://ga.milesplit.com/meets/379271-alexander-asics-invitational/results#.X3joKmhKhPY> (All of our races are under the Championship divisions)

Practice:

Practice this week is the same as last week:
Monday, Tuesday, Thursday - ONE Church (4:30-6:15pm)
Wednesday - ONE Church (4:00-5:45pm)
Friday: SMHS Track (4:00-5:30pm)
Saturday: Braelinn Rec Center (9:00-10:30am)

Golf Cart Scavenger Hunt:

This Saturday, Oct. 10, we will have a Golf Cart Scavenger Hunt starting at Three Ponds from 4:00-6:30pm. More details coming soon.

Next Home Meet - Regionals:

Our next home meet will be Regionals on October 24 at ONE Church. A link with volunteer opportunities should be e-mailed out tomorrow or Sunday.

A Note from the SMHS Athletic Department:

SMHS PANTHERS:

GA Balfour will be on campus, Wednesday, 10/21/20, from 8:30-11:30AM for letter jacket orders! An appointment and \$100.00 deposit is needed to place your order. Appointments will be held at Starr's Mill High School in Conference Room B in the office. Please contact GA Balfour by phone or email to schedule your appointment.

GA Balfour
support@gabalfour.com
770-594-8155

If you have received your Varsity Letter, please be sure to bring it with you. If you know you have earned your letter, but have not yet received it, simply have your coach sign the bottom of this flyer (**attached**) as verification of your earned letter.

Congratulations!

Have a great week!

*Sent for the FLBC by
Kelly Anderson*