

XC Updates for the Week of August 10

Hi Team. I hope everyone had a good week and is staying healthy and safe. Please read the updates below from Coach Rock:

I want to begin this week's email by saying thank you for your patience so far this season as we navigate our new guidelines. Ultimately, my goal is for all of our athletes to have a season, so anything we can do to protect that (wearing masks at events, keeping groups separate, etc.) is my priority. You will receive more information later this week about practices the week of August 17th.

Time Trials:

Time Trials were a success! Thank you to all of the coaches and parent volunteers that made the event run smoothly. A big thank you to our volunteer coordinator, Brooke Clem, for organizing the event. Results can be accessed with this link: <https://docs.google.com/spreadsheets/d/1EE9itxcV-7hMP7asmuZBgWrjuV62pU7g7zXqcPvxBa0/edit?usp=sharing>

Practice this week (08/10-08/15):

Remember, this is the week that practices will begin earlier than they have been during the summer. *Based on time trial results, groups will be realigned and sent out via Remind Sunday night.

Monday - Friday: Braelinn Rec Center: Groups 1 and 2 (6am); Groups 3 and 4 (6:15am) **Pick up time is 7:45am for all groups**

Saturday: ONE Church: Groups 1 and 2 (7:30am); Groups 3 and 4 (7:50am) *Corrected times from last week's email

Course Work Day - Saturday, August 15:

Our annual work day is taking place this Saturday! Your efforts ensure our home course is one of the best in the state. Below is a list of projects, the tools to bring, and suggested number of volunteers per project area. We will start at 9:30am by the cross country sheds, where instructions will be given to all volunteers.

Contact donlivingston@bellsouth.net to sign up for a specific job:

1. Clear brush/limbs in the woods where the team tents are located

Tools needed:

Gas powered weed eaters

Long handle bush clippers/ trimmers

Gloves

Number of People: unlimited; most athletes can help here

2. Spread bark on levy by the lake and bark in the woods near the 200m left in the race

Tools needed:

Flat Shovels

Gloves

Number of People: 6 by the lake; 4 by the 200m marker

Smaller Projects/ Specialized Crew

3. Replace rotten board on the big bridge

Tools needed:

Sawzall cordless or corded + electric cords

Cordless Drill

Hammer

Deck screws (in the lawnmower shed)

3 pressure treated boards 2" x 6" x 12 feet (will be provided)

Number of People: 2-4 people

4. Replace 1 brown pole by corner of parking lot and place in cement

Tools needed:

Post hole digger

Wheel Barrow

Shovel to mix the cement

Bag of Cement (in the lawnmower shed)

Hose (in the lawnmower shed)

One 4"x4 x 4 feet tall post (will be provided)

Number of People: 2 people

5. Install larger chain on 2 brown poles with padlock behind the garden

Tools needed:

Drill with bits for drilling and phillips head screws

Hammer

Pliers

Chain (provided)

Lock (provided)

Number of People: 2 people

Have a great week!

*Sent for the FLBC by
Kelly Anderson*