

## XC UPDATES FOR THE WEEK OF JULY 20

Hi Team! I hope everyone had a great week.

Before we get to the updates for the week, I wanted to take this opportunity, on behalf of the athletes, parents and FLBC board, to thank the coaches for all of the extra steps they have taken to make it possible to have summer XC conditioning. It's been amazing to see the effort and enthusiasm that the coaches have had for the XC team this year, and this past week shows even more their dedication to making XC possible and FUN! THANK YOU COACHES!!!

### **Starr's Mill Running Camp 2020:**

Starr's Mill Running Camp was such a success! Thank you to all of the athletes that participated. You made the week happen by showing up with your enthusiasm and participation in all of the activities. A link to all of the presentations and pictures is coming soon. If you haven't emailed me ([rock.kelly@mail.fcboe.org](mailto:rock.kelly@mail.fcboe.org)) any pictures that you took during the week, please do so as soon as possible so that they can be included.

See the video recap made by our incredible rec director (and SM alum), Jo Dearman: [https://youtu.be/o6cbdLY\\_eWs](https://youtu.be/o6cbdLY_eWs) (press CTRL and Click on link)

### **Practice - Week of July 20:**

Practice locations are returning to normal this week (M-Thurs and Sat) at Braelinn Rec Center and Friday at ONE Church. Times are changing for some groups. Beginning on Monday, July 20, Groups 1 and 2 will both meet at 7:30, Groups 3 and 4 will both meet at 7:50.

Mileage Chart:

8	20-Jul								
RECOVERY	Group 1A	8	8	8	8	4	12	8	56
	Group 1B		3x1mi VO2Max						0
WEEK	Group 2A	5	6	4	4	4	7	0	30
	Group 2B								0
	Group 3A	4	5	4	4	3	5	0	25
	Group 3B	4	5	4	4	3	5	0	25
	Group 4A	3	3	2	3	2	3	0	16
	Group 4B								0

### **Physicals:**

PRIVIT is the platform that we are using for all of our athletic forms including physicals. Please begin updating these forms and uploading the physicals into this platform. Our first official practice day is August 1, physicals must be on file by July 31. Information about PRIVIT is attached.