

XC Updates for the Week of Sept. 21

Hi Team! I hope everyone had a great week. Please read the following updates from Coach Rock for this week:

This week looks to bring us cooler temperatures, so please make sure runners are dressed appropriately for these cooler temps - sweat shirts and sweat pants while warming up are ideal.

Practice Schedule:

Same practice schedule as in previous weeks. If a runner is not able to attend practice, it is expected that they communicate their absence with a coach.

Monday-Thursday: SMHS track - 6-7:30am

Friday: SMHS track - 4-5:30pm

Saturday: Kona Ice Trinity XC Fall Classic (ONE Church) OR practice at SMHS track - 9am

Kona Ice Trinity XC Fall Classic Meet:

All runners that did not run in the Carrollton meet will be running this Saturday at ONE Church. The girls will be running at 8am and the boys will be running at 8:30am. Remember, all runners should arrive an hour and 15 minutes before their race.

Spectator Guidelines:

- \$5 per person or \$10 per car (up to six people) - You can purchase ahead of time: <https://gofan.co/app/events/105869>
- Spectators are expected to wear masks and remain in spectator only areas, no spectators are allowed at the team tent. For the safety of our athletes, please respect these guidelines

Thank You's:

Thank you to Stacy Nelson for coordinating the new XC yard signs. They look great! Also, thank you to Jackie Bauer for creating a place to share photos. You should have received an invitation to join smhsxc2020 Shutterfly Share Site. If not, or if you have any questions, please contact Jackie at jcbauer6@gmail.com

Have a great week!

*Sent for the FLBC by
Kelly Anderson*