

XC Updates for the Week of August 3

Hello Team. Please read the following from Coach Rock:

Thank you for your patience as we navigate this season with all of our new guidelines. I know that everyone is anxiously awaiting the practice schedule for the new season and we will update as soon as possible. Next week, our practice times and locations will be the same as they have been all summer.

Registration:

Online registration is open and extended through Sunday, August 2. Go to <https://forms.gle/vCbHpwjP7W1Sy1Z16> to register and then pay using one of the following methods:

1. To pay by **check**, make your check out to FLBC for \$350 and write your athlete's name in the memo line. Mail your check to: FLBC, 130 Streamview Ct., Fayetteville, GA 30215.
2. To pay by **credit card**, use the following link: <https://checkout.square.site/pay/3f1bbaa85eb345c18d657b677fffc065>. (A \$12 credit card processing fee will apply.)
3. To pay with **cash**, you may give to **Coach Rock** at practice

Team Spirit Store:

If you want to purchase the rain/warm up gear or the backpack, those options will be open through August 2nd. All other spirit wear will still be available for purchase until further notice.

<https://tgallsports.chipply.com/smhsxc2020/>

Time Trials

Time trials will take place on Saturday, August 8th beginning at 7:30am. Athletes will be given times that they should arrive this week. Time trials give us a relative idea of how each athlete is performing so far this season and give us information to realign groups for practices this season.

Ideally, time trials will take place on the track at SMHS. However, the track is being resurfaced and may not be finished in time. If we are unable to run on the track, time trials will take place at ONE Church (Heritage). We will update the location closer to the event time.

In order to make time trials effective, we need your help!! Please sign up at <https://signup.com/go/PAUwgHF>

This is one of the events you can work to earn your incentive back from registration!

Practice Next Week/Mileage Charts

We will be able to continue our normal schedule/locations for this next week. Groups 1&2 will meet at 7:30, Groups 3&4 will meet at 7:50. All practices are at Braelinn Rec Center, except for Friday at ONE Church (Heritage).

3-Aug	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Group 1A	8	8	8	8	5	11	0
Group 1B		2M TT					
Group 2A	8	8	6	8	6	10	2
Group 2B	5	6	4	5	4	8	0
Group 3A	6	7	7	7	4	9	0
Group 4A	3	4.5	4	4.5	3	5.5	0
Group 4B	3	4	3	4	2	5	0

Have a great week!

*Sent for the FLBC by
Kelly Anderson*