

Trojan Boys Cross Country
Team Newsletter #10
Week of October 19, 2020

There is a lot of information in this newsletter. Please read carefully. Thank you.

Last Week...

BNC

What a night! Our kids all raced very well up in Petoskey. The conditions made the race challenging, but we certainly rose to the occasion. Using very good racing tactics and team running, our Varsity won our second consecutive BNC Championship and our Junior Varsity team won the JV team race. We also had both individual champions. The girls team accomplished the exact same thing, so all in all, Central High School Cross Country dominated the BNC!

My Season Long ASA (athlete service announcement)

Sleep, Hydration, and Good Nutrition. The 3 most important Performance Enhancing Supplements an athlete can use.

Power Hour Thank You

All boys have received a thank you letter that they are to personalize and deliver to each of their "pledgers". This was given out last week. Please get this done. Thank you!

Schedule Update

The season is quickly drawing to a close. We have finalized our remaining portion of the schedule which you will find below. For most of the team (Junior Varsity), their last race will be Saturday, October 24 at Benzie Central. This will conclude their season. The varsity team (top 7) will continue their season with the pre-regional in Grand Haven on the 23rd of October. As long as we finish in the top 4, we will compete at the regional on October 30th or 31st at Benzie Central. THIS DATE HAS NOT BEEN FINALIZED YET.

The State Finals will be held on Friday, November 6.

The Junior Varsity team will not be required to attend practice after the 24th. However, they are encouraged to meet to run after school as they can still run miles to count towards our mileage club. **Plus, the way we become better runners is by running. A distance runners season really never ends.**

End of Season Celebration

Please Note: I have changed the date of our end of season celebration. It will be held on Thursday, November 19.(a change from last week) HOWEVER, at this point I am not sure how this will look(as of right now we can not have in person events like this). In my discussion with our Athletic Director this week, this will most likely be a team only event. If this is the case, I will record it so you can view later. Please keep the date free and I will give you more information when I know how this will actually take place.

Schedule for Next Week

Monday-Thursday	Practice after school
Friday	Captain/senior practice for JV; Varsity (top 7) at Pre-Regional
Saturday	JV race at Benzie. Information coming when I get it.

Upcoming Races..

Friday, October 23, 2020

- Pre-regional at Grand Haven ** Top 7 (Varsity) only

Saturday, October 24, 2020

- Benzie Central Race ** ***Junior Varsity only-Last race of season.***
- I will share race information when I receive it

Friday or Saturday, October 30 or 31, 2020

- Regional at Benzie Central **Varsity only (top 7)
- I will share information when I receive it

Friday, November 6, 2020

- State Finals ** Varsity only(top 7)

Our Reading/Reflection for This Week.....

As we prep for our end of season racing!

[Do Not Get Distracted Before Competition](#)

GO TROJANS!

Coach Burns