

Trojan Boys Cross Country
Team Newsletter #9
Week of October 12, 2020

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

Last Week...

This past week was a very good training week. No racing. Just a chance to focus on preparing for the BNC Championships, recovery, and rejuvenating.

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". These were given to them this past Wednesday.

Fee Reminders

Reminder to take care of participation or camp fees as soon as possible. Also, a number of the boys ordered shorts from me and some still need to pay for those. Thank you for your attention to this.

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 race was just added/put together this past week. 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 31st at Benzie Central. 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 Wednesday, November 18. 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). 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 Practice after school
Tuesday BNC Championships (schedule found below)
W-Fri Practice after school

Upcoming Races..

BNC Championships @ Petoskey High School

Tuesday, October 13, 2020

- Boys will be dismissed from school at 12:55
- Bus leaves at 1:15
- Varsity Boys race at 4 (we will be able to race 8 runners in the Varsity race)
- JV Boys race at 4:30
- Girls Varsity at 5
- Girls JV at 5:30

**No spectator limitations. Please wear masks at all times and social distance.
Information for boys has been placed in their team Google Classroom.**

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. Info forthcoming.

Friday or Saturday, October 31, 2020

- Regional at Benzie Central **Varsity only (top 7)

Friday, November 6, 2020

- State Finals ** Varsity only(top 7)

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

Here is a very good article on fueling/nutrition.

[Fueling for Runners](#)

GO TROJANS!

Coach Burns