

## **Trojan Boys Cross Country Team News and Updates #4 Week of September 7, 2020**

### **Petoskey Race Recap**

On Tuesday the team members who did not race at Benzie traveled to Petoskey to compete. It was a beautiful morning on a newly designed course. Our team competed very well. We had most of the guys improve upon their time trial result from two weeks ago. Matt Ritter led the way in 2nd place, narrowly getting beat at the line. Ethan Link had the most improvement of the crew from the Time Trial to the Petoskey Race. Ethan took 41 seconds off of his time. All results can be found at [www.athletic.net](http://www.athletic.net)

### **Power Hour Fundraiser**

Next Saturday (September 12) is our Power Hour Fundraiser- an hour run challenge. Each boy was given a packet with their pledge sheet in it last Friday (August 28). Our goal is \$100 per boy in pledges. We have talked about this extensively at practice. Each boy will receive a specially designed t-shirt for gathering pledges. We will also have a few incentive prizes for boys who get over \$200 and \$300 in pledges. I do know of one young man who has over \$150 in pledges already.

We will meet at school at 8:30 a.m. for temperature check and screenings. We will then jog over to the civic center for their run. The hour run will take place on the dirt path at the Civic Center. We will be all wrapped up by 10:30 a.m.

Pledges should be secured by Friday, September 11th. They are to be collected and turned in by Friday, September 18th.

### **Fee Reminders**

If you have not paid your participation fee or camp fee, please take care of this as soon as possible. The player fee can be paid on final forms using a credit or debit card- \$105 (the extra \$5 is a yearly fee for Final Forms). The camp fee is \$80. All checks are to be made payable to **TCC Athletic Boosters**. If you have any questions please contact me. Thank you!

### **Sponsorships**

A big thanks to our sponsors. I will be submitting the information to Tentcraft this weekend so that the banner can be made. We will then be able to fly this proudly at our meets. Thank you for your support!

### **Attendance**

A reminder that attendance at our workouts is very important. This is a varsity sport and your teammates depend on you. In the rare occasion you do have to miss, it is expected that you contact COACH BURNS in writing. You are expected to do the workout that you miss. As a coach, it is hard to gauge your fitness if you are not present. When deciding who races, attendance is a factor.

### **Schedule for Next Week**

Beginning Tuesday we are fully on our "School Schedule". We will practice each day, Monday - Friday, at 3:30 p.m. PLEASE ARRIVE AT 3:20 to begin screening.

### **Week of September 7**

|                 |   |
|-----------------|---|
| Monday          | No practice, run on your own or with a teammate |
| Tuesday- Friday | 3:30 practice                                   |
| Saturday        | 8:30 a.m. practice POWER HOUR Fundraiser        |

### **Next Race**

Our next scheduled race is the ***Ludington Invitational on September 19.*** I was notified Thursday night that we would only be able to race 14 at this meet. Unfortunately this is going to be the case this fall, limited entries. We will race 7 in the Varsity race and 7 in the Junior Varsity race. Our teams for this meet will be determined by our past races and time trial, as well as performance in training.

It is important to note that Coach Taylor (girls coach) and I are trying to get the remainder of our team into some races. This means that there may be short notice of events, and also that some of the opportunities may be a bit different than in a normal year. We have to remember that our primary goal is to have a season, and then to get the kids some competitive opportunities. We are doing our best. Thank you for your support, understanding, and patience.

### **Our Thought for This Week.....**

The first step to success is also the hardest--- Show Up.

***It is impossible to shrink into greatness. You have to show up and deliver, whether you feel like it or not. It's the only path to achieving your goals.***

Enjoy the holiday weekend.

Thank you for your support and your son!

GO TROJANS!

Coach Burns