

Trojan Boys Cross Country

Team Newsletter #6

Week of September 21, 2020

Last Week...

This past week saw our entire team get to compete in two separate events. On Thursday night, our team ran West in a dual meet at the Civic Center. Our team depth was very much on display as we raced to a win. Isaiah Gavaldon was the winner of the race, followed by Quinn Worden and Gram Jocks. It was exciting to see many of our kids get their first 5k race under their belts and to also show them what their training has produced in terms of fitness gains. It was a fun night of racing and a really nice atmosphere. Thanks to our parents who showed up to support the boys.

On Saturday, the rest of our team competed at the Ludington Invitational. Our boys won the large school division with Drew Seabase and Luke Venhuizen finishing 1-2. Group running was key for us. We also had quite a few breakthrough performances, even on a very challenging course. Overall, it was a good week of racing for our kids!

As an FYI, in the state rankings that were released this week, our boys were ranked #8 in Division 1.

Training, Etc

We are in a tough period of training right now and sleep is important, especially as we start school. I often have parents ask what they can do to help. One area is monitoring sleep habits. Reminders of the importance of sleep, helping with time management, and proper nutrition will reinforce what we are also working on with the boys.

As far as their training, we are in a phase now that is focused on developing their oxygen carrying levels without developing (much) lactic acid. Long repeats are the key workouts of the week. We will be in this phase for a few more weeks.

Power Hour Fundraiser Update

I had planned to have totals for you this week, but money is still being turned in. Those totals should be in next week's newsletter.

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

Our sponsor banner has been flying at our last two meets. Thank you to the following businesses/people for being a sponsor this year:

Pezzetti, Vermetten, Popovits, P.C.
Etna Supply Company
The Walk-In Clinic/Partners In Health
Vertical Enterprise Equipment
Barry and Sherry Trombley
Nathan and Lisa Ritter
The Burns Family
360 Law
State Farm Insurance
Search Associates
The Phillips Family
Don and Cindy Lukens
Edwin and Karen McConkey

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 factored in.

October 1st Meet at Rasho Farm

On October 1st we will host a meet at the Rasho Cross Country Course (next to Courtade Elementary School). We will need 10 parent volunteers to help with meet management. I will be sending out information early this week. It will be a 6 team meet with very limited spectators. NOTE: Our kids who will be running are those who will not run at the Shepherd Invitational which will be held on October 3. (We can only run 10 at Shepherd due to Covid restrictions--as of now).

Schedule for Next Week

Monday - Friday at 3:20 p.m. Right after school.
Saturday Petoskey Invitational

Upcoming Race..

Saturday, September 26th Petoskey Invitational. Information is being sent out as I type this on Sunday morning. However, it looks as if **ALL** of the boys will be racing!(as of Sunday morning) We will be limited to 2 spectators per athlete. I will send out race information by Wednesday night of this week. Athletic.net will also have updated info.

Our Thought for This Week.....

As we start school f2f this week, please read!

[Article On Importance of Sleep](#)

GO TROJANS!

Coach Burns