

# **Trojan Boys Cross Country**

## ***Team Newsletter #8***

### ***Week of October 5, 2020***

**There is a lot of information in this newsletter. With meets coming up, being changed, and other items please read carefully. Thank you.**

*We need everyone attending practice each day. We are in the most important part of our season--a team wins together. A team works together. A team pushes each other and holds each other accountable. A team is ONE.*

#### ***Last Week...***

##### **TC Twilight**

The rain held off and it turned out to be a really great night for racing. We had many of our runners establish season best and even personal best performances over 2 miles on more challenging course. This is a really good indicator of how they are improving in their fitness. The boys demonstrated again good team running, aggressive racing, and a real independence in handling themselves as they prepare. As a coach and organizer of the race, it is hard to be with the kids but they managed themselves perfectly. This is an important goal on our team as well, personal and group responsibility and independence.

##### **Shepherd Invitational**

10 of the 14 athletes competing at Shepherd ran personal or season bests. Our team won our 3rd Invitational of the season and our Junior Varsity team finished 2nd in their division. Progress is being made in our racing savvy. Our Junior Varsity team had a 1st-5th man time differential of 1:09 and our Varsity team was 1:23. We are making good progress in getting this gap to 1:00 or less.

##### **Season and Personal Bests**

This past week we had 23 of our 31 athletes run personal or season bests. This is a reflection on their fitness and running on less challenging courses. Regardless, this is good to see!

##### **Training, Etc**

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

##### **Power Hour Fundraiser Top Pledge "Getters"**

Here is a list of our athletes who hit our \$200 and \$300+ incentives. They will receive their "incentive prize" at our pizza celebration.

##### **Top Pledge Earner**

Travis Holl                      \$750

**\$300 +**

David Russell	\$640
Quinn Worden	\$600
Emmet Payette	\$559

**\$200 +**

Alex Durocher	\$270
Jacob Schultz	\$265
Cedric Krajenka	\$254
Keagan Reimers	\$228
Lukas Reimers	\$212

***All boys will be receiving a thank you letter that they are to personalize and deliver to each of their "pledgers". These will be sent home with them this week along with a copy of their pledge sheet.***

**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!

**Schedule Update**

Due to COVID implications, our schedule is changing a bit. The latest is that the BNC Championships are now October 13th in Petoskey. I am waiting for more details such as time and how many we will be allowed to race. . Also, the Northern Michigan Cross Country Championships have been cancelled this year. This past Friday the MHSAA also announced the change to the championship season. It will now consist of a pre-regional, regional, then State Finals. As soon as I have information on location, etc. I will email it to you.

I want to be very upfront about the schedule change. As we have been saying all season, our entire goal for this cross country season is to have the boys compete. It has not looked like it normally does, but as we know, nothing is normal this year. For a large part of our team, the "official" racing season will most likely be completed on October 13 (assuming the entire team will be able to race the BNC meet). However, Coach Taylor and I are working together in hopes of providing one of two more racing opportunities for the boys and girls. I will keep you posted.

**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*

*Edwin and Karen McConkey*  
*Don and Cindy Lukens*  
*The Phillips Family*  
*Search Associates*  
*State Farm Insurance*

Nathan and Lisa Ritter  
The Burns Family

360 Law

**Schedule for Next Week**

Monday - Friday Practice after school at 3:20

Saturday Captains Practice

**\*\* Thursday is an early release day for the boys, but I am in meetings until 3. We will practice at 3:20.**

**Upcoming Races..**

**BNC Championships**

Tuesday, October 13, 2020

At Petoskey. I will email information when I receive it.

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

This week's reflections is courtesy of Matt Ritter. This sums up the part of our season that we are entering- The Championship Season.

[XC Hype](#)

**GO TROJANS!**

Coach Burns