

Trojan Boys Cross Country
Team Newsletter #11
Week of October 26, 2020

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

A Comment About The Past Week

With all that has occurred this past week, it seems that it has lasted a year. It also is just another chapter in what we all have been dealing with since March. However, we also saw just how resilient our kids are and how much the team matters to each of them.

Early in the week when we learned of Coach Lukens stroke, all of the boys were just focused on “run for Coach”. I heard that repeatedly during our Monday workout.

Yesterday and Friday, it was also all about running for the guys who could not be there, stepping in and filling roles. Whether injured or quarantined, the kids understand all that goes into gaining fitness and how special it is to be able to demonstrate fitness. To have that opportunity taken is a heavy blow. The compassion that they have for each other is something I have rarely experienced as a coach.

Coach Houghton made a comment to the boys after our race yesterday that really summarizes their efforts. He told them how impressed we all were of them because regardless of what was being “thrown” at them this season they just kept showing up, training hard, and competing. You can’t ask for much more.

NOTE-When the season is over for everyone, we will have an after school team meeting.

I would like jerseys of JV runners turned in this week.

Last Week...

Pre-Regional at Grand Haven

In wet, windy and muddy conditions, our Varsity team ran a very strong race. Running without our normal #1 and #7 runners, we met the challenge and will now race in the regional next Saturday at Benzie Central. This race was a great example of what a good team does--when dealt a challenge, it responds positively. I could not have been more proud of a group. Well done.

Benzie Go Out on Top Race

This race certainly lived up to its title! Of the boys that ran, nearly all ran a season or personal best. It was exciting to see their training come together and have them reward themselves with such good efforts. Lots of smiles and happy faces afterwards. For our seniors, it was such a positive way to end their career. For our underclassman, a great way to jumpstart our training for next fall (and spring of course!).

Coach Lukens

As you know, Coach Lukens suffered a stroke last Monday. He came home from the hospital last Wednesday and continues to recover. I do not know when we may see him at practice again, but please keep him in your prayers. He calls frequently to get the update on all of the boys. He misses you all and the action.

My Season Long ASA (athlete service announcement)

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

JUNIOR VARSITY RUNNERS

I NEED YOUR JERSEYS. Please drop them off at our practice Monday or Tuesday of this coming week. Please cooperate.

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!

Also, we will be presenting the incentive prizes. The school closure put a damper on our Intrasquad race and the planned "ceremony" to award the prizes. We will do it when we get together to celebrate our season.

End of Season

Except for our Varsity team that is competing in next Saturday's regional, the other boys are finished with their season. They are to continue running as they can count their miles up to November 7 to go towards the 750 mile club. They do not need to report to practice, but can meet in small groups to train.

End of Season Celebration

Please Note: I have changed the date of our end of season celebration. It will TENTATIVELY be held on Thursday, November 19. HOWEVER, at this point I am not sure how this will look or where(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. I am also discussing other options with the coaches. I don't like the uncertainty, but this year has certainly been unusual.

Schedule for Next Week- Varsity Only

Monday-Friday	Practice after school
Saturday	Regional at Benzie Central- Boys race at 4, Girls 4:30. Details later this week

Upcoming Races..

Saturday, October 31, 2020

- Regional at Benzie Central **Varsity only (top 7)
- Boys race at 4 and girls 4:30.

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