

Trojan Boys Cross Country

Team News and Updates #5

Week of September 14, 2020

Power Hour Fundraiser Recap

Wow! What a great morning we had yesterday! It was perfect cross country weather-cool and rainy- plus we had a spirited group of guys who put in a solid hour of running to raise funds for our team. When I totaled the miles that the boys ran, we had 258 miles of running in the hour. That averages out to 8.3 miles per athlete. Pretty darn impressive.

The boys are now to collect their pledges and have all money turned in by next Friday- September 18th. I will report out our total to you in our next ***News and Update***. All who participated received a special *Power Hour* t-shirt. We have incentive prizes for those who had \$200 and \$300 dollars in pledges, plus our top pledge getter. Once we are all wrapped up, the boys will also be delivering Thank You letters to each of their supporters.

Thank you parents for your support as well. It was great seeing you out there yesterday. I apologize for not being able to talk much--I was keeping track of the laps and trying to keep my check sheet dry.

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. The banner is being produced and should be ready to fly proudly at our meets beginning this week. 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 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 shortly. 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

Practice Monday - Wednesday this week at 3:20 p.m.

PLEASE ARRIVE AT 3:20 to begin screening.

Thursday Central- West Dual Meet at 5:30 @ Civic Center

Friday Practice at 3:20

Saturday Ludington Invitational

Next Race(s)

This week we have two races for our team. Due to COVID restrictions, we are only allowed to run 16 at the Ludington Invitational. Because of this, we have put together a meet with West on Thursday night for the kids who will not race Ludington. This will be a great opportunity to get "old school" and run a dual meet with our cross town rival, earn varsity points as it will be scored, and run a fast time on the civic center course. ***NOTE: Race rosters for both races were shared with the boys yesterday in their Google Classroom.***

The Central-West Meet will be held on Thursday with the boys running at 5:30 p.m. and the girls at 6 p.m. The start is in the southeast corner of the park. Each athlete is allowed 2 spectators. Spectators MUST wear masks and stay on the inside of the asphalt pathway. NO EXCEPTIONS. Thank you for your cooperation! We are excited to have this opportunity for the athletes. Hope to see you there!!!

The Ludington Invitational will be held Saturday morning at West Shore Community College. Our race time is 9:30 and the girls will race at 10:15. We must be off-site by 11:30. We will be allowed 2 spectators per athlete and all spectators MUST wear masks. Please honor the requests as we do not want our kids penalized. We are able to run 16 athletes. Once all teams have competed on Saturday, the results will be compiled and put on athletic.net This is how Benzie operated. Hope to see you down at West Shore!! West Shore Community College is located between Ludington and Manistee. Please use Google or another source for directions.

Upcoming Race..

Saturday, September 26th Petoskey Invitational. As of today, we do not have a number on how many athletes we will be able to race.

Our Thought for This Week.....

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.

GO TROJANS!

Coach Burns