

Parents Letter, Week 10, 2023

Hello XC Athletes and Parents,

It is great to start each parents' letters with a list of thank you! First to the Sande's for the pasta feed, and then to all the parents who baked so many goodies! We are using the money we raised to buy a set of compression leg and hip sleeves. These are going to help us with injury prevention and recovery. We are able to buy them on sale for about \$900. My goal is to buy another set soon. We are also using our funds to buy another bunch of team water bottles. I usually buy them in \$1000 amounts, that allows us to have them available for a couple of years.

We had 22 personal records set at the EDC meet. We had one all conference runner, Grant Martin! It was a very successful meet using that as our goal. We are hoping build with the large group of freshmen into a competitive team in the next couple of seasons. Being a successful distance runner comes from constant training over several seasons. This long-term training is the reason I really hope we can have a group train for the NXR race on Nov 12th in Sioux Falls. It would be fun to carpool down as a group and race our younger boys (9th - 10th) in the rising star division.

This week Central HS doesn't have school Wed, Thurs, Fr, but we will still have practice this week each day at 4 pm. With the State meet being next week, everyone who is going needs to be at practice!! The following boys will be representing the team at the State meet at Jamestown on the 28th

Running: Grant, Curtis, Aidan, Preston, Jack, Lincoln, Derek, Layton, Kaden, Joe

Alts: Hunter, Jaded, James, Levi, Bradley

Monday: Long Run

Wednesday: Speed workout

Friday: 3k pursuit Race!!

Saturday: 10 am, doughnuts

Those not qualifying for the state meet are encourage to keep practicing with the team if they want to run at the Heartland Nike Regionals, in Sioux Falls, SD on Nov 12th. [Website link.](#) I have posted information about NXR on the website!

Thank you

Sean Allan GFC Boys

If there are any questions, feel free to reach out