

## **Week 10 : October 16th-22nd**

Hello Cross Country Parents,

We had a very successful EDC meet this past Saturday with 7 PR's and many season bests! The growth everyone has shown since the beginning of the year is great to see. I am very proud and great things are ahead for the girls team! Also a shout out to all the parents for cheering and also helping out at the meet with the bake sale!

Moving into the next two weeks, we will have those that will compete at state still practice (list of those individuals at the bottom). Also if you plan to run Nike Regionals in Sioux Falls November 12th, you can still practice as well (more information on link). If you are not, then we will have a uniform collection on Monday after our team meeting.

There will also be an end of the season awards banquet, with more information after the regional meet. Everyone is welcome to attend!

### **State Meet Athletes (October 28th- Jamestown)**

Emmi  
Claire  
Tennasyn  
Paige  
Maddie  
Emma  
Katie  
Samara  
Ryah

**Monday:** Long Run

**Wednesday/Friday:** Speed Workout

**Saturday:** Practice 10am at Central

### **Important Links:**

Team Website: [www.knightrunning.com](http://www.knightrunning.com)

Nike Regionals [NXR Heartland Regional \(runnerspace.com\)](http://NXR Heartland Regional (runnerspace.com))

### **Social Media:**

Girls XC Instagram: GFCGirlsXC

Girls XC Twitter: @GFCGirlsXC

If there are any questions about this week, feel free to reach out! Also make sure you and your athlete are on the Group me app for reminders and messages!

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Head Girls XC Coach

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