

Week 8: October 2nd- 8th

Hello Cross Country Parents,

Thank you to everyone who helped out for a successful Border Battle meet on Saturday! It went very well and seemed to be enjoyed by all teams, even with the warm weather. Our team produced a lot of great efforts and quite a few PR's. In all we had 7 PR's throughout all the races- including two top 20 finishes!

We will have our EDC region meet in two weeks and for some it will be their last race this season (unless they do NXR). I will give more information about who is running EDC next week and how I will decide who runs at the state meet.

This week will include two good workouts before a recovery type week before EDC. I definitely want to encourage good hydration, stretching and icing to aid the recovery process. Also a note, I will be out of town Friday and Saturday in Colorado for a marathon. Coach Ihry will be running practices those days.

Monday: Long Run- warm! HYDRATE during the day!

Wednesday: Speed workout

Friday: Speed Workout

Saturday: 10am Practice at Central

Important Links:

Team Website: www.knightrunning.com

Social Media:

Girls XC Instagram: GFCCGirlsXC

Girls XC Twitter: @GFCCGirlsXC

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!

Kyle Rosseau

Head Girls XC Coach

Email: krosseau050@mygfschools.org

Cell: 218-230-9823