

Mankato East Girls' Cross Country

Week 2

"If it doesn't CHALLENGE you, it won't CHANGE you." - Fred DeVito

"Of all the paths that you take in life, make sure a few of them are dirt." - John Muir

Monday 8/21	Tuesday 8/22	Wednesday 8/23	Thursday 8/24	Friday 8/25	Saturday 8/26
<p>7:30 am Team Meeting (outside girls' locker room)</p> <p>Workout:</p> <ul style="list-style-type: none"> ★ Active Warm-up (PeacePipe - 1 mile run, Form Drills, 2-4 strides) ★ 2-3 x 1600 vo2 repeats (equal time rest w/ jog) ★ 1 mile cooldown <p><i>Bring a watch! You will want to be able to time your own miles and rest!</i></p>	<p>DAY TRIP TO NEW ULM</p> <p>7:30 am Pack cars for Flandrau/New Ulm (meet in Senior High Student Lot - East side) 1 pm Return to East (will send a Remind when we leave New Ulm approx. 40 minutes before pick-up)</p> <p>Workout:</p> <ul style="list-style-type: none"> ★ 3-5 mile trail run <p>**Due to weather we are adjusting our trip and will be back to Mankato around 1 pm. **Watch weather! Pack water **Check link above to bring something to share</p>	<p>7:30 am Team Meeting (Outside girls' locker room)</p> <p>Workout: weather adjusted yoga!</p> <ul style="list-style-type: none"> ★ Warm-up to Hill (1.25 miles) ★ 4-8 x Bruels Hill ★ 1-2 mile cooldown back to East <hr/> <p>STRENGTH</p> <p>8:45-9:15 am</p>	<p>7:30 am Team Meeting (Outside girls' locker room)</p> <p>Workout:</p> <p>Workout:</p> <ul style="list-style-type: none"> ★ Warm-up to Hill (1.25 miles) ★ 4-8 x Bruels Hill ★ 1-2 mile cooldown back to East <p>UNIFORM HAND-OUT</p> <p>**Please let Nelson know if you won't be here so we can get you the uniform before pictures and the meet next week!</p>	<p>7:30 am Team Meeting (Outside girls' locker room)</p> <p>Workout:</p> <ul style="list-style-type: none"> ★ 3-5 Mile Base Run ★ 3 x 150 strides on Grass/Track <hr/> <p>STRENGTH</p> <p>8:45 - 9:15 am</p> <p>TEAM DINNER AT FOLEY'S</p> <p>5:30 PM</p> <p>64 Idlewood Point, Madison Lake</p>	<p>RON KRETSCH INVITE (BENILDE) BASSETT CREEK PARK</p> <p>5609 32nd Ave N, Crystal, MN 55422</p> <p>Meet Information</p> <p>7:15 am Leave East</p> <p>Race times:</p> <ul style="list-style-type: none"> 10:20 am 6-8th Girls 11:00 am 9th Girls 11:44 am 10th Girls 12:28 pm 11th Girls 1:12 pm 12th Girls 1:34 pm Awards <p>*There is a boys race for the same age group before each of our races. *Bring food (snacks, lunch, water) *Bring lots of extra clothes! Weather will change in the time we are gone. We will send a Remind message with our ETA back at East. I estimate about 4 p.m.</p>

Other Upcoming Dates/Reminders:

- Connect with us:
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 - Google Classroom: join using the code wmnqenu (for athletes, but parents can be added too!)
 - Remind: text “@cceast” to 81010 to get texts (for athletes and parents)
 - Facebook: join the “Mankato East Girls’ Cross Country” group (for athletes and parents)
 - Website: <https://sites.google.com/isd77.org/megirlscc/home>
- Season schedule is here: [Calendar Schedule](#)
- Competition schedule with bus leave times are listed on the calendar schedule and will be updated as they may change.
- Ask your parents if they are interested in helping us. If so, have them sign up for something on this spreadsheet: [Volunteer/Support Opportunities](#)
 - Host pasta parties, Saturday morning breakfasts, or sleepovers
 - Donate water bottles for meet days, Friday morning breakfasts, etc.
- Keep your eyes out for the clothing order!
- Picture Day - Monday, August 28 @ 3:15 p.m. behind track (Have your uniform - Uniforms will be handed out during Thursday 8/25!!!)
- Practice times change on Monday, August 28 to the afternoon (4:00 pm) because of Teacher Workshops
- GLOW STICK RUN! → Thursday, August 31 from 8-9 p.m. V/JV runners have a meet in the morning, but this will be “practice” for all 6-12 graders! Bring glow sticks, flashlights, etc. and play games in the stadium. Some glow sticks will be available!