

Hey everyone,

I hope you enjoyed the weekend and are getting this hot week off to the right start. I wanted to say thank you to all the texts and messages from you guys over the past week about my grandmother's passing. It has been a hard week, but I am grateful for this community. We have a lot going on this week, so let's get into it.

Meet Analysis from Last Week:

- We did the Cheney meet as a tempo and the team performed this really well. Midtown and North Atlanta did not run their varsity, so it was hard to compare against the other teams, but if we look at past performance from previous years at Cheney we ran really well. You can tell training is taking hold when people start to PR on hard courses when they are doing a work out and we saw that in several places. On the girls side, the following PR'd: Grayson Sconion, Addie Danser, Savannah Lynn, Alice Poor, Josephine Kurumada, Faye Wylie, Viviane O'shaughnessy, and Chloe Meeker. A special shoutout to Finley Adle, who also PR'd, but unlike all of these girls, she is not a freshman and therefore this performance is being compared to a lot more meets. On the boys side we had Van Coss, Cash Wheeler, Jacob Sanchez, Maddux Bryant, and Parker Dojnik. And a special shout to Maksim Martin who also PR'd and won the race.

Here are the results of the work for the [girls](#) and the [boys](#).

Announcements:

1. Friday Morning Practice – We are going to have another Friday morning practice this week. A couple of reasons: A) it's going to be really hot this week B) a lot of people are trying to get out of town on Friday C) the school wants to limit Friday activities. We are not planning on this being the norm of two Friday practices. I recognize the strain it puts on families and I appreciate it. If your student cannot make it, please have them the google form. We still have our normal Tuesday morning practice this week.
2. Car Magnets!!! – We are selling car magnets! If you would like to buy one please fill out this order form [here](#). Big shout out to Paige Teusink for helping with this!
3. Big thanks to Katie Delp and Nikki Zimmerman for setting up the dinner last week at Wood's Chapel! It sounds like it was a ton of fun!
4. Thanks so much to the parents who volunteered at the meet last week! I did not do a good enough job of getting names, but it really represented the school and team in a positive light.
5. Last call on a couple of items that we need help with this week! [Dues can be paid here](#). and put your student's name as who has paid dues. They are \$73. If you cannot pay dues, please let me know. We do not want finances to be a reason people do not participate in the team. Summer Warrior funding survey can be found [here](#) (If the link to the booster club account does not work, [please access it here](#)).
6. The Jaguar Jog 5k is on Saturday, October 24th and we are trying to get all the freshman and sophomores to run it this year. You can register [here](#). We have a discount code for them to register which lowers the cost to \$20. They get an awesome Jaguar Jog 5k shirt for running as well. Juniors and Seniors will do the water station. Discount code is jaguar.

Meet This Week:

- Piedmont Park APS Meet #2

- Bus will leave from the school at 4 PM. Students should dress out and meet outside my room by 3:45 PM.
- Girls run at 5:30 PM and the boys run at 6:10 PM. The plan is for everyone to race with the top 10 being the runners that will go to Carrollton next week to run. It is going to be really hot and so we may adjust if it gets too hot. This is the only time that we get to see Piedmont Park before City Championships so I am pretty committed to them running it.

Training Focus This Week:

This week we got to see a lot more teams run at Bob Blastow and get a look at competition, and it excites me that I think we are going to have some competition at City Championships this year. In fact, I think they are ahead of us in a lot of ways. I love being the underdog and I love chasing someone down. For the next 5 weeks we are going to amp up our intensity and strength training.

Beyond that, I am really happy to be done with August running. It can be brutal to do workouts in the heat, and while September can be just as hot, we have a chance at least for some cooler days ahead. Heat training can be valuable, but it can also burn people out. I have been cautious to make sure we are not straining as hard as we can in the workouts. We are just laying the groundwork for the next 10 weeks leading up to sectionals and state. I am very proud of the team. They are taking to training well and we are going to start to see big results in September with more honest races at Carrollton and Wingfoot.