

## END OF YEAR XC CHECKLIST - REMINDER:

Greetings Holt Rams XC Nation!

We have come to the end of another tremendous season and this one felt like it went by so fast. I am so proud of how hard this team worked on a daily basis and am inspired by the quality of friendship and brotherhood they created. We have one more more event to close out the season; here is your END OF YEAR CHECKLIST:

### BANQUET:

- Monday - November 13, 2023
- 5:00 PM - 7:00 PM
- HHS North Campus Cafeteria
- UNIFORMS = Please bring ALL UNIFORMS and WARM-UPS to turn in.
  - (Except your orange top and yellow shorts).
- UNIFORM PAYMENT = \$29.00 - for your ORANGE top and YELLOW shorts.
  - (Please make checks payable to HOLT RAMS CROSS COUNTRY BOOSTERS)
- BANQUET POTLUCK = Please bring:
  - Freshmen = Bread / Salad
  - Sophomores / Juniors = Main Course
  - Seniors = Dessert
  - EVERYONE = Your own table settings and drinks.

### WINTER / OFFSEASON TRAINING:

- [HRXCTF - DISTANCE TRAINING \(23/24\)](#)
- Remember, we cycle down for 10-14 days and then start Distance Reorientation.
- Winter Workouts / Conditioning will start in December.
- This will be updated over the next and posted at the high school for reference.
- More information will be sent out after Thanksgiving Break.

### THANK YOU:

- I have been very blessed to coach many great teams and individuals over the past seventeen years at Holt and I can honestly say that this team has been my favorite to coach. Nothing against past teams, there certainly were some great ones, but there is something about this group. They showed up each day with a willingness to work, to do their best, to sacrifice for each other, to make substantial improvement, but more than anything - it is the laughter and positive energy that I will remember and miss the most.
- We always raced better on grass than we did on paper. We were competitive, we were tough, and did everything with dignity and class. I could not be more proud of a group of young men - it has been an honor to serve as their coach.

Take care, be well, and GO RAMS!!!

Coach Mal

#### **Ross Malatinsky**

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