



CROSS COUNTRY

Summer Training Update

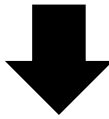
July 22, 2022,

Athletic Clearance, BBDP Fees, Strava Audit

None

A yellow box means you have some issue that must be addressed before the next training session. Take the weekend to sort this out. **You are FIVE weeks behind!**

See Below!



New York Trip Info Coming Together Oct 7-9

The plan is to arrive in NYC early on Friday. We will enjoy the city, run in Central Park, and go out to dinner. Saturday, we take the NY Subway to Brooklyn for the biggest one day HS XC meet in the nation, The Manhattan Invitational at VanCortlandt Park. Saturday night will be more fun in the city. Sunday will be a long run in Central Park and more touring until we must go to the airport.

Parents are welcome and encouraged to attend. They can make hotel reservations where they'd like or book a room at the team hotel.

Hotel: Park Central Hotel New York
870 7th Ave, New York, NY 10019

Don't see your name on the invited list? We still have room for 7 more boys and girls. Priority will be to varsity and then other seniors. We cannot take anyone who has not meet training expectations.

While we will raise money for athlete and coach hotel expense, invited athletes must arrange their own flight. Travel with your parents, a coach, or another family. We will share flight info as parents communicate it to the coaching staff so that we can cluster in similar travel parties. Coach Frank's flight is on JetBlue, has seats available, is direct, and was relatively inexpensive.

Upcoming Training Dates

Saturday 7/23 at Nocatee Gate Station, 6:30am (top runners)

Aug 6 – Guana Preserve

Aug 7 – Nike Run Experience @ 1stPlaceSports, Baymeadows (optional)

Aug 13 – Team Day (all day)

Aug 20 – Hounds and Hares / Parent Meeting

-Coach Frank, Roughan, Fliess, Clark, Popik

Manhattan Invite, NYC Invited List

Boys		Girls	
1	Billy Hall	1	Rylan Borgmeyer
2	Eric Perry	2	Laura Frank
3	Joseph Watson	3	Abigail Mitchell
4	JD Lupinski	4	Charlotte Fryman
5	Logan Wenzel	5	Lily Lupinski
6	Maddox Ray	6	Reese Henley
7	Matthew Presley	7	Samantha Blanton
8	Braden Motycka	8	Mac Carlson
9	TBD	9	TBD
10	TBD	10	TBD
11	TBD	11	TBD
12	TBD	12	TBD
13	TBD	13	TBD
14	TBD	14	TBD

Coach Frank is flying JetBlue

Outgoing JAX	LGA
Date	Fri, Oct 07
Departs	6:00am
Arrives	8:12am
Flight	1840
Return LGA	JAX
Date	Sun, Oct 09
Departs	9:30pm
Arrives	11:44pm
Flight	1839



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2022 Summer Running in minutes/day								
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Tot
	22-May	23-May	24-May	25-May	26-May	27-May	28-May	
"A" Group	24	50	32	32	40	0	40	218
Veterans	19	45	26	26	32	0	32	179
JV	14	34	19	19	24	0	24	134
Novice	10	22	13	13	16	0	16	90
	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun	
"A" Group	24	55	32	32	40	0	48	231
Veterans	19	50	26	26	32	0	38	191
JV	14	35	19	19	24	0	29	141
Novice	10	25	13	13	16	0	19	95
	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	
"A" Group	32	60	40	40	40	0	48	260
Veterans	26	55	32	32	32	0	38	215
JV	19	40	24	24	24	0	29	160
Novice	13	28	16	16	16	0	19	108
	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	
"A" Group	32	65	40	48	40	40	56	321
Veterans	26	58	32	38	32	32	45	262
JV	19	43	24	29	24	24	34	197
Novice	13	29	16	19	16	16	22	131
	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	
"A" Group	40	65	40	48	48	40	56	337
Veterans	32	58	32	38	38	32	45	276
JV	24	45	24	29	29	24	34	208
Novice	16	32	16	19	19	16	22	141
	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	
"A" Group	40	70	40	56	48	40	56	350
Veterans	32	63	32	45	38	32	45	287
JV	24	45	24	34	29	24	34	213
Novice	16	32	16	22	19	16	22	144
	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	
"A" Group	40	70	48	48	56	40	60	362
Veterans	32	63	38	38	45	32	51	300
JV	24	48	29	29	34	24	38	226
Novice	16	35	19	19	22	16	26	154
	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	
"A" Group	40	75	48	48	60	48	60	379
Veterans	32	68	38	38	51	38	51	318
JV	24	50	29	29	38	29	38	237
Novice	16	35	19	19	26	19	26	160
	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	
"A" Group	40	75	40	56	60	48	60	379
Veterans	32	68	38	45	51	40	51	326
JV	24	53	24	34	38	30	38	241
Novice	16	35	16	22	26	19	26	160
	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	
"A" Group	40	80	48	56	60	48	60	392
Veterans	32	72	38	45	51	38	51	328
JV	24	53	30	34	40	30	36	247
Novice	16	35	20	22	25	20	25	163
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	
"A" Group	40	80	48	56	60	56	60	400
Veterans	32	72	38	45	51	45	51	334
JV	24	58	30	34	40	34	40	259
Novice	16	38	19	22	26	22	26	170
	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	
"A" Group	40	80	48	56	64	56	60	404
Veterans	32	72	38	45	55	45	51	338
JV	24	58	30	34	40	34	40	259
Novice	16	38	20	22	26	25	30	177
Black Bear Sessions 6:30am								
Black Bear "A" Group and Vets								
Official Practice begins								
								Summer Totals
								"A" Group 4370
								Veterans 3629
								JV 2730
								Novice 1834