

Week 3 Newsletter

Aug 20, 2023

Cecil Field Summer Classic 8/25/23

13715 Lake Newman St, Jacksonville, FL 32221

Are you forgetting to log your runs into Strava? Communicate with coaches, hold your teammates accountable. Hold yourself accountable. What non-verbal message are you sending when you don't take this procedure seriously?

Booster Club \$100

Please join the booster club! We have a goal of having 100% of the cross country families sign up! Your membership is good for the year, and you only need to join once a school year.

4:00pm – Team Photos in Stadium 5:00pm – Bus leave BTHS 6:15pm – JV Girls Race 6:45pm – JV Boys Race 7:15pm – Varsity Girls Race 7:45pm – Varsity Boys Race



BTHS BOYS and GIRLS CC



Spike Week!!!!!!

It is that time of year again. School starts and all the hot and humid summer miles you have logged are leading to the first race of the season. 1st Place Sports is excited to announce spike week at all of our store locations. All Cross Country spikes will be 20% off the entire week. August 21st to August 27th. Just a reminder all High School runners receive a 10% discount on all non sale items year round at 1st Place Sports. Thanks again for your support of a small local business and thank you for being the future of running.

Race2Honor Sponsorships

We began the Race2Honor tradition in 2018. Each season we honor a different group of individuals by racing in a special jersey with the names of our honorees screened on them. This year we are honoring service members; active, retired, or deceased. We have 20 boys and 20 girls jerseys to fill. Please consider participating. The proceeds of our efforts this season will go to a local group who specializes in helping current or past members of the armed forces.

Please see the information at the link above and email John McDonald (ifmcdonald@ft.newyorklife.com) with your name, the name of the service member you are honoring, and the student/athlete that you wish to wear the commemorative jersey.

Spike Week!

1st Place Sports has racing spikes on sale this week! What spikes should I get? Check out this video for the differences between sprint and distance spikes, and this video for specifics on cross country spikes.



Parent Drivers

Please consider filling out the <u>simple on-line form</u> to be a certified parent driver. Scheduling buses to arrive after school in enough time to travel to athletic events is a problem. <u>We cannot leave on the team bus before 5pm.</u> This Friday will present difficulties. You can always transport your own child, but we'd love to put other teammates in your vehicle as well. You will need your insurance 1.) declarations page showing 100/300 coverage as well as your 2.) driver's license.

Is Your Athlete Ready to Compete?

Athletes not making the varsity line-up will race in the JV race. While no one needs to sit the bench in cross country, it's important to be ready to compete. Attending every practice session, logging miles on Strava, and displaying the passion to work are all necessary requirements to be considered to make the race day line-up. The line-up for the first meet comes out Tuesday evening!

Special Upcoming Dates

Aug 25 - First meet of the Year! We need parent drivers! Sign-up here! (must have 100/300 liability coverage)

Aug 28 - Race2Honor Sponsors communicate to John McDonald jfmcdonald@ft.newyorklife.com

Sep 8 – CC Parents to run football concession stand.

Sep 11 – Cross Country Social for PARENTS! Immediately following the Booster Club Meeting.

Sep 18 – Race2Honor Sponsorships due via School Pay



Last	Grade	Sex	June 5-11	Jun 12-18	Jun 19-25	Jun 26-Jul 2	9-E lnt	Jul 10-16	Jul 17-23	Jul 24-30	Jul 31-Aug 6	Aug 7-13	Aug 14-20	Aug 21-27	Total
otycka	11	М	33.5	32.7	31.66	34.5	40.4	53.5	50	51	60.5	53.6			441.36
oinski	11	М	23.3	27.5	34.4	26.5	28.1	49.8	49.1	43.2	57.4	47			386.3
rks	12	М	23.8	23	28.1	35.7	31	50.7	39.6	50	27.8	50.5			360.2
otycka	9	М	23.8	24.7	20.1	25.5	22.8	34.7	35.2	36.4	40	28.4			291.6
taru	11	F	22	23	21.5	26.8	30	29.7	31	35.4	35.2	14.7			269.3
:Donald	12	М	14.1	15.4	17	31.8	41.8	27.8	24.4	11.2	39.8	44			267.3
rgmeyer	11	F	28.5	24.9	31	32.6	32.5	23.2	30.9	14.1	23.1	15.1			255.9
esley	11	М	25.1	8.3	8.8	20.2	37.6	43.7		5.6	56	42.9			248.2
irmo	12	М		20.3	16.3	19.4	21.3	9	30.9	42	35.6	35.7			230.5
ockway	12	F	9.2	12.6	2.5	30.5	28.2	27.3	31.9	25.6	32.6	25.2			225.6
enzel	12	М		7.5	27.2	34.6	20.6		36.7	14.6	43.7	37.4			222.3
een	11	М	14	9.1	14.1	21.3	24.2	26.6	29.6	13.3	34.1	30.1			216.4
lcock	12	F	18.3	15.7	19.8	10.4	30	30.5	7.5	15.4	18.8	19.7			186.1
11 111	12	М			1.7	2.5	15.7	8.8	29.4	26.4	29.8	25.3			139.6
enzel	10	F	4.6	4.6	12.8	21.6	10.8	17.9	21.4	11.8	12	18			135.5
uthammavong	12	F			1	5.9	7.4	11.3	24.3	26.8	26.7	22.7			126.1
utsky	10	М	7	4.9	3.4	10.6	9.1	15.7	26.3	12.7	14.8	21.5			126
rker	10	F		21.4	18.9	12.5	16.2	16		11.3	10.5	17.2			124
y	9	М	2.9	9.8	14.9	5.9	6.7	12.7	20.5	13	13.7	15			115.1
ltz	10	F		5.9	8	11.9	6.6	17.9	4.1	22.4	15.3	15.5			107.6
ntz	10	М		9.8	6.1	10.7		2.6	18.7	13.8	9.6	22.1			93.4
uyen	11	М	7.9	9	17.3	17.7	7		3.6	4.6		18.9			86
Donato	10	F		12.7	4.8		11.1	13.4	3.7	2.1	16.8	14.1			78.7
tterson	11	F						8	24.9	6.1	20.7	13.4			73.1
acios	11	М	3.1	8.8	3	15.2	2.6		2.2		11.8	22.8			69.5
rtin	10	F					4.1	11.7	18.5	13.5	9.2	10.3			67.3
ria (Clark)	11	F		1	2.2		1.4	7	24.1	9.2	11.8	9.4			66.1
abston	9	F				1.4	1.5	7.6	2	8.1	7.5	7.7			35.8
rlson	12	F						6		7	8	12.6			33.6
rrett	9	F									12	13.6			25.6
nner	10	F					3.5					14.1			17.6
odwin	12	F										17.4			17.4
ırk	10	F	2.2		2.2							8			12.4
man	9	М			9.5					2.5					12
ith	12	F	2.1												2.1
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