

HOWARD HIGH SCHOOL CROSS COUNTRY

WEEKLY RUNNER



THE CONDITIONING BEGINS

Conditioning for Cross Country has begun and the athletes have responded marvelously to it. For some it is hard coming out and running for as long and continuously as you can. I commend all athletes for continuously coming out and showing up. The more work you put in now and the months to come the more we will be able to show off in August!

Every week I plan to share our victories and our struggles on this newsletter to our parents and stakeholders. I am a humbled man by the continuous support we get from teachers and parents. Please share in your excitement and encouragement to our athletes, they will need in the months to come.

LEADERS OF THE PACK



In the weeks that have followed we have had several athletes that have stood out and lead the pack. These students have either responded encouragingly to other athletes, lead students in runs, or push other athletes to keep running. They are as follows: Madison Clay, Gabriel Rosado, Austin Chambliss, William Burton and Randaijia Johnson. Thank you all for committing to the Pack. #Mush

CAR WASH SUCCESS!

This past Saturday, April 20th, we had our Car Wash held at *Blitz Exterminators*. Thanks to one of our parent volunteers and sponsor, Mr. Michael Clark, we were able to raise over \$800! Thank you all to any supporters and parents who came out to either get their car washed or buy one of our discount fundraiser cards. It was very much appreciated. Our next fundraiser will be this coming Thursday, May 2nd at Texas Roadhouse, hope to see you there!

DISCOUNT CARDS

Glass Card discount cards are our main fundraiser for this Cross Country Season. It is vital that parents and athletes help in selling these cards. We are partnering with community businesses and they are providing us deals that we can put on these cards (we already have over 30 various deals!). Please continue in selling these cards for to people you know, we are trying to sell 450 cards by June 20th and we have currently sold 39. We are getting there but keep going! Let me know if I can come help in anyway.

COACHES CORNER

As my third year in coaching a High School sport I am always learning new things. I have heard it said that if you are not learning you are not growing. This season so far is off to a great start. Athletes are showing up and staying committed. The often complain about sore muscles in legs and their abs, but I know when we go to our first meet they will thank me (or at least I hope, lol). I know I say this a lot but I am very proud of the athletes and the work they put in. Coming out here and running for more than 5 minutes can be tough, but they do it and they keep coming back for more. I have high hopes for this upcoming season.

UPCOMING EVENTS:

- XC SPIRIT NIGHT @TEXAS ROADHOUSE MAY 2ND
(BRING THIS FLYER ANYTIME BETWEEN 4-9)
- 5K FUN RUN MAY 1ST FOR JUNIOR AND SENIORS
@HOWARD HIGH SCHOOL
- GREAT BACON RUN MAY 11TH
(REGISTRATION ENDS MAY 4TH)



TEXAS ROADHOUSE

FUNDRAISING

⇒ Support ⇐

HOWARD HIGH CROSS COUNTRY
THURSDAY, MAY 2
4PM-9PM

10% DONATION NIGHT
for Howard High Cross Country.
Present this flyer at the Macon location and Texas Roadhouse will donate 10% of your total food purchases to Howard High Cross Country!

478-477-3777
5080 RIVERSIDE DRIVE, SUITE 1500
MACON, GA