

Hello all Bruin XC parents and athletes,

Please see the email below for some important details for tomorrow's League Finals and Friday's Fun Practice! Today we will hopefully have an early dismissal from our pre-meet practice so athletes can get home and get prepared for our meet tomorrow!

### **CVC League Finals**

- **Race Sheets:** Race sheets with listed race times and race families are attached to this email. Athletes will be receiving these today at practice so they can set their goals for our league championship! Hopefully some PRs and improvements from when we were first on this course last month!
- **Course volunteers:** We are still in need of a course monitor for the varsity races! Please use the sign up genius link [HERE](#) if you are able to help take care of our team responsibilities.
- **Body Armor:** We are also running low on Body Armor drinks for tomorrow's league meet. If any families are able, we would love to have some cases of Body Armor for our athletes to have after they race hard!

### **Fun Friday Practice**

- **TEAM SCAVENGER HUNT!** On Friday, we will be having a Fun Halloween practice with our annual team scavenger hunt! Captains will be making teams today during their captains meeting, and we will give the athlete's more details on the day of the scavenger hunt. For now, all they need to know is to wear a costume they can run in!!

Thank you for your continued support of our athletes and program.

*Always working hard to get better! Go Bruins!!*

Best,

Coach N