



River Nation,

On Tuesday, the coaches were informed that the Fall Sports season will be moved to Season 3, beginning March 1. While this is disappointing news, we, as your coaches, are committed to finding the positive. Whether you are healthy and have been training, are returning from injury, are injured, or haven't started training, there are benefits to this change.

We understand the past six months have been incredibly frustrating and starting the new school year remotely is not what we wanted. But we want to remind you that tough times never last; tough people do. We are a strong team, and we will get through this together. Training and team building will not stop.

Since the announcement, we have made efforts to alter the training program. It is set for the next 28 weeks, followed by our 9-week season beginning on March 1 in Season 3. We will continue to send out the training plan weekly on Remind and post it on our team website. While the season seems like a long time from now, we will be strong, fast, and ready to run on Day 1. Both the Boys and Girls teams have big goals for the upcoming season, and how we train over these next 28 weeks WILL play a huge part in accomplishing those goals.

As we explained in our last Zoom team meeting, we are a team and we are here to support you all, both on and off the course, whether you take some time off, relax, or power through on training. Remember, "you've done it before, and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination." (Ralph Marston)

We love you. We support you. We will get through this together.

Sincerely,

Coach Chili and Coach Jones