

Team Send-Off

Please join Matt and Laura as they run their last 'Conversational Pace' run before competing at the State Meet. They will run at the high school on Friday right after school. It is your job to encourage them with insight, wisdom and perhaps a joke or two before they are stuck in a van with serious, humorless coaches for hours. They will no doubt be listening to an AM news station the whole way down while discussing the current state of the economy so your good humor and support will be vital.

Washed uniforms and warm ups may be turned in at practice this week or at our team banquet. We will be contacting you all very soon with the banquet date and posting it on the website.