

Good Evening Folks,

I just wanted to take a moment to update you on what I know so far and what is happening on our end.

First and foremost, I hope that you are all safe and healthy. This is a scary time and practicing social distancing is not a gimmick. It is the best way to slow the spread of this virus and the best way to keep you and your loved ones safe.

Secondly, as you know, school is going to remain closed through April 24<sup>th</sup>. This includes all extra-circular events and interscholastic sports. However, there has been some talk about extending the spring season beyond the normal play dates to allow for some form of a spring season. Delaware, Virginia and North Carolina are all in similar talks with their Athletic Associations. While I am hopeful that this will come to fruition, I also have my doubts.

Finally, Our Goals as a Reservoir HS Track & Field Coaching Staff:

- To provide all of you with constructive workouts that will help you stay physically active and to give you something to do during this unprecedented time.
- If we have a season, these workouts will build your fitness, strength and speed. If you are following the workout plan, you will be ready for whatever type of season we might have.
- If we do not have a spring season, but you are doing summer track, these workouts will prepare you for your summer season.
- In short, these workouts will get you faster and stronger.

This is a hard time for all of us. I have received countless emails and text messages saying that it is hard to stay motivated. However, keep this in mind. When you are working out on your own it builds character, mental strength and develops your ability to stay focused on a goal or a task.

When it comes time to test (race) yourself. Whenever that may be. Will you be ready?

Monday's workouts are posted on the website. I'll be updating more workouts tomorrow.

<http://xctf.rhsgators.net/workouts-over-break/>

Stay safe, stay healthy, and wash your hands regularly.

Please know that I miss all of you and I miss our season.

Coach Rogers