

Athletes and Parents,

With the recent developments due to the virus outbreak and the actions taken to close schools, I've spent a lot of time thinking about options for continued club activities and trying to become as knowledgeable as possible regarding the current situation. The number one priority of the club has always been, and continues to be, to do everything possible to help those interested in our sport. Thus, the idea of suspending club activities seems out of the question. As usual, when we started the current club year back in September, the focus and goal has been on trying to maximize performance during the outdoor high school track season. Those goals have not changed, but in order to meet those goals, there needs to be a high school outdoor season. I hope that the current situation passes in a timeframe that allows for a still existing high school season in some form.

With all of that in mind, I believe we need to do everything we can to help the current situation pass as quickly as possible. This unfortunately means a continued suspension of club activities and adhering to the social distancing protocols that have been enacted by authorities. For those that know me, this may seem like a surprising decision. Honestly, I hate this decision and even as I write this, I am still thinking about how to NOT shut things down. What I hate even more than the club shutting down for a few weeks is the thought of this season not happening. I know how hard you all have been working. For all of you, especially the seniors, to not be able to go out there and go for those PRs and school records and state qualifying seems like a devastating outcome. I want us to do all we can to make sure you all get those chances to perform. We will resume club practices as soon as school activities are possible again.

Just because we aren't meeting as a group, doesn't mean the end of working to get better. You all can continue to train individually during this time and position yourself for success when the spring season does resume. Now is a great time to work on getting faster and stronger or work on off runway drills. The club will continue to be a resource to help you during this time. I will be creating a list of suggested workouts and drills that can be done on your own. Look for that information to come out in the next day or two. If you have questions or concerns at any time, please do not hesitate to ask.

Coach Jordan