



MCKAY XC NEWS

Royal Scots Newsletter #7

September 25, 2017

Weekly Schedule

MONDAY: Bush Park Loop-Hill Repeats

TUESDAY: 60+ Min Long Run

WEDNESDAY: 6-8x800 Repeats

THURSDAY: 60+ Min Long Run

FRIDAY: 45 Min Pre-Meet (Team dinner @Hanna and Cooper's)

SATURDAY: Nike Portland XC

Nike Portland XC

Saturday is our annual Nike Portland XC trip. The bus will LEAVE McKay @6:45am. Yes, this is early. No, we will not wait. Yes, you need to be there. Race times are as follows: Var Girls @9:15am, Var Boys @9:40am, Novice Girls @10:55am, Novice Boys @12:50pm, Freshman Boys @2:00pm, Frosh/Soph Girls @2:25pm, Sophomore Boys @2:50pm, Junior/Senior Girls @3:15pm, and Junior/Senior Boys @3:40pm. We typically stop for food on the way home, so expect to be back in Salem around 6:30pm.

Rally Shirts

Rally shirts are officially up for sale. The design is below. The shirt is green with white writing. We will have an ad in McKay News this week. Shirts cost \$10. Tell your friends, your family, your grandparents, your classes. EVERYONE. The more we sell, the more we make to pay for things like our end of season banquet!

Team Dinner

Friday we have a team dinner at Hanna and Cooper's house. Hanna and Cooper live in the Hayesville area near Stephens Middle School. We will do what we can to transport athletes to their house after practice. HOWEVER, it is up to YOU to schedule a ride home afterward. Make plans NOW!

Quotes of the Week

"You can't put a limit on anything. The more you dream, the further you get."

-Michael Phelps

"Every day is a new opportunity. You can build on yesterday's successes or put its failures behind and start over again"

-Bob Feller



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