

Week 6-Pirate CC. September 19-26

2 meets: Pirate Soph & under & Milaca Mega Meet-Saturday.

Way to go Pirate 7-8th Girls. The Champs on Monday. Busy Week-Homecoming

Tuesday, 9-20. 2:30 Plyo.

Evals-PBR awards. Sign up for Pasta at Metzgers.

Soph & under easy 1-2. Jr.-Sr. 1,000 @ Brookdale. *Pirate Open Potluck-Fun & Prizes !

Wednesday, 9-21. AM Pool. **Yea ! Partner lengths 4 x 2

PM. We must go long today. Marathon-50-90 min. Sr. High can go right away.

Thursday, 9-22. 2:30 Plyo

PM Warm up. 50 Sec. workout at Brookdale. 5 times. Quick-Speed Tentative Game

Day- Big Base. Sign up for Autumn Woods *Pasta Feed @ Renaes 6:30.

Friday, 9-23. AM Pool. Whirlpool & Water Polo.

PM. Vote for Round 2 in Pirate Specials. **Homecoming Football Game @ 5:00**

Easy workout to get our legs under us for Milaca Mega. 1-3 Negative Core & Ice Legs.

Saturday, 9-24. MILACA MEGA MEET-one of the largest high school meets in the

Nation. Get ready for some good races, fun & Pirate PBR's !!!!

***Bus leaves at 7 AM. Be on Time ! Bring money for eats & snarky t-shirts.**

Be ready for those September drops. We are running free & strong !

Sunday, 9-25.

Day off- Get recovered, relaxed & rejuvenated for the Jaguar All-Terrain-Thurs.

Monday, 9-26. AM Pool. Speed drills. 20 min. Buster.

PM. 2:30 Council. Evals. Jog to Central. 400's on our hill 5-8. Jrs. Bring treats !

Get ready for the hills of Jaguar. Stretch & ice legs. Only 1 meet this week.

Week 7. Secret Buddy & Jaguar All-Terrain.

Hills are our friend. A favorite

Pirate meet @ Hyland Hills-Thurs.