

Good evening, everybody!

Update for the upcoming week (July 26 – August 1):

This week is the OSAA mandated Moratorium Week, meaning Oregon high school coaches and high school athletes need to take a required 7 days of rest/a break. High school coaches are not to prescribe workouts or work with high school athletes during this 7-day period. There are exceptions made when a high school coach is the coach of a club team that have been practicing together all summer and there are competitions during or right after the moratorium week.

I have been given word that we have received the okay to organize practices for this week, but only for the athletes that will be competing this week or next. So, that being said, there will be no organized team practices this week for those that are not going to be competing. Enjoy a week of rest and relaxation!

After this week, many fall sports will be starting their pre-season workouts on Monday, August 2<sup>nd</sup>. I've spoken to a few middle school athletes planning to do cross country at Sunridge this season about joining in with the high school XC team for pre-season workouts between August 2<sup>nd</sup> and August 15<sup>th</sup>. That invitation is open to any athletes in our club group here.

We may have a small club team activity on a day or two between August 2<sup>nd</sup> and 8<sup>th</sup> to close out the summer season, but I will keep you updated on that.

For anybody wanting to join in on PHS XC pre-season workouts, you can join the XC Remind group by sending the message @4d847g to the number 81010, or you can find our workouts and workout locations and times by visiting our website, [www.phstrackandfield.com](http://www.phstrackandfield.com) and clicking on the XC Weekly Workouts tab at the top of the page.

For those that do not do a fall sport (I highly suggest cross country!) and want to continue some track training in the fall, I will likely be available to do some track workouts on one or two days a week through August and September. I could also write up a few workouts that you could follow along with on your own throughout the fall as well. Just make sure you let me know!

Thanks for a great summer on the track! Keep your eyes open for more club opportunities throughout the year. I am going to be working with a few other coaches to hopefully come up with some more training/competition opportunities in the near future!

Coach Ben Bradley