How to: Receive a MVP Base Training Button (pass out 8/7)

- JV log at least **250** miles (minimum for all)
- Var & Rising shoot for 275 mi/SQ & Rising 300 miles
- Cross train- bike ½ & swim by + min/8 min; other just ask
- If you attend Wills Hills in June pay for WH so we show great character
- Attend Summer practices when in town & when away let coaches know your whereabouts & log miles
- Let coaches know before you leave if doing Strava or Coach Mole's link.
- Attend Parent/Athlete Mtg July 31 @ 6-7 pm in Gym 1
- Attend Mandatory Practice Aug 1 @ 6:45 am and on.
- Attend Team Bonding Trip August 7 (Escape Rm & Dinner)

Personal Bests Buttons will be passed out after meets where a 5K or 2 mile PB has been achieved by athlete.

Think Strong, Be Strong, Finish Strong