



am I ready for RACE TIME??!

suppose the race starts at 7:30 am, I should be...

- ♣ going to the bathroom at 6:20 am
- ♣ getting my uniform/spikes ready to go at 6:30 am
- ♣ *with my team* and jogging my warm-up at 6:35 am
- ♣ *with my team* and stretching/drills at 6:50 am
- ♣ *with my team* at the bathroom and getting my uniform/spikes at 7:05 am
- ♣ *with my team* with my spikes on doing drills at 7:15 am
- ♣ *with my team* doing the CHEER and strides at 8:20 am
- ♣ *with my team* doing last strides on the line at 7:25 am
- ♣ *with my team* on the line **ready to RACE** at 7:30 am

AFTER MY RACE...I *immediately* go to the designated location to meet back with my teammates and coach for a quick race-debrief and cool down (15 minutes jogging + stretches) **WITH MY TEAM!**

***IT'S A GREAT DAY TO
RACE LIKE A SAINT!!***