

WEEK 2: FALL XC 2025

Monday, August 25 – Saturday, August 30

IMPORTANT ITEMS FOR THE WEEK

UNIFORMS

- For Meets, every athlete will wear a uniform top (SINGLET) and a pair of shorts. On Friday, all athletes should have received their singlet. If you did not get your singlet, please be sure you talk with Coach Rogers.
- Shorts. Athletes will have the option of either a split short or a compression short.
- The shorts are bought and kept by the athlete for sanitary reasons. You can buy the shorts using cash, check (Payable to RHS) or you can pay online ([CLICK HERE](#))
- At the end of the season, ONLY THE SINGLET will be returned.



Split shorts are similar for both males and females. Just cut slightly differently.



This is an example of a 4" female compression short. The males come down a few inches from the knee.

SPIRIT WEAR/WARM-UPS.

- You can still purchase spirit wear and team warm-ups.
 - The Team Spirit Wear is open until September 4th.
 - Warm-Up Orders are DUE by end of the day Sunday.
 - [CLICK HERE](#) for Spirit Wear and Warm-Up Ordering

BOOSTERS

- Please consider getting involved in the boosters.
- Get a membership
- Volunteer and get involved!
- Every little bit helps and the Boosters give so much back to the school and our program!
- **Monday August 25th, 2025 from 6-8pm**
 - Looney's Maple Lawn in the back room (appetizers provided)
 - Come meetup with other parents to learn more about Reservoir Boosters and how we can help improve our kids high school experience! Reservoir Boosters supports athletics, clubs and anything we can to support the school.
- Boosters Website: [CLICK HERE](#)

MATTRESS FUNDRAISER

- Spread the word! Use your social media accounts. Send an email to your neighborhood via Nextdoor or Facebook. Ask your friends to say Reservoir Cross Country at check out.
- Here is a copy of the little form the kids should have gotten on Friday night.



TIME TRIAL RESULTS AND CELEBRATIONS

- Great job by all the athletes at the time trial on Friday! Your hard work is paying off and we can already see progress being made!
- Here are the results:
<https://live.bullseyerunning.com/meets/55394>
- And here are some impressive improvements from last year to this year! Based on Percentages:

Athlete	2025 TT	2024 TT	Difference	% of Improvement
Muhammad, Hakim	13:28.5	19:07.9	5:39.4	29.6%
Linera, Ella	14:25.1	18:56.3	4:31.2	23.9%
Lucinski, Daniel	18:54.8	23:53.5	4:58.7	20.8%
Iordanov, Sam	18:54.7	23:08.6	4:13.9	18.3%
Frisvold, Scott	18:56.5	22:52.6	3:56.1	17.2%
Lakhanpal, Riya	25:49.6	30:45.2	4:55.6	16.0%
Pascarello, Jackson	10:56.2	12:24.3	1:28.1	11.8%
Shiferaw, Ben	13:46.9	15:37.9	1:51.0	11.8%
Eldridge-Dooley, Myles	13:28.5	15:07.7	1:39.2	10.9%
Kargbo, Jeremiah	14:42.0	16:12.3	1:30.3	9.3%
Eldridge-Dooley, McKenzie	12:25.6	13:31.3	1:05.7	8.1%
Khalid, Rumi	17:32.2	19:02.0	1:29.8	7.9%
Ellinghaus, Griffin	11:40.1	12:34.5	0:54.4	7.2%
Drummond, Michael	13:08.2	13:53.1	0:44.9	5.4%
Emad, Luke	14:28.1	15:15.8	0:47.7	5.2%
Poon, Colin	11:33.9	12:02.8	0:28.9	4.0%
Waltman, Jack	11:37.6	12:04.3	0:26.7	3.7%
Walsh, Connor	11:45.8	12:09.7	0:23.9	3.3%
Sullivan, Braden	13:49.4	14:15.2	0:25.8	3.0%

WEEKLY SCHEDULE (MONDAY – SATURDAY)

MONDAY

Practice @ RHS 3:00pm – 5:00pm
Longish Run with Strides

TUESDAY

Practice @ RHS 3:00pm – 5:00pm
Easy Run
Then Finish Uniform Distribution (Shorts)

WEDNESDAY

Practice @ RHS 3:00pm – 5:00pm
Tempo Intervals

THURSDAY

Practice @ RHS 3:00pm – 4:30pm
Easy Run

FRIDAY

NO OFFICIAL PRACTICE – RUN on your own and POST TO STRAVA
Easy Run
Laurel Pool – Team Party 5:00pm – Details coming soon.

SATURDAY

Practice @ Patuxent Valley Middle School 8:00am – 9:45am
Progression Run
DONUT DAY

UPCOMING EVENTS/LOOKING AHEAD

MONDAY, SEPT 1:

- There is practice from 8:00am – 10:00am at Coach Rogers House.
Drop off and Pick up will be at Coach Rogers House
9716 Riverside Circle
Ellicott City, MD 21042
- After practice, we will have a Team Breakfast and watch a movie! 10:00am – 12:30pm.
 - Recommended athletes bring a change of clothes
 - Breakfast will be from Bob EvansMore details will come out towards the end of the week.

WEDNESDAY, SEPT 3:

- There is a Howard County League Meet Scrimmage at Hammond HS. Glenelg HS and Howard HS will also be at this event.
- All athletes will participate.
- We will use this scrimmage meet as a workout.
- Athletes will be running in the event, but they will not be RACING.
- A bus will be provided for our athletes and will transport them to and from Hammond HS. I will provide an itinerary for the scrimmage on our abouts August 31st.
- You can take your athlete after the event, pending you have checked out with a Coach and a parent signs out with a coach.

SATURDAY, SEPT 6:

- This will be our first big Invitational. Approximately 20 schools will be in attendance.
- All athletes are required to attend, however, not everyone will compete.
 - Eligibility Requirements to run in the meet:
 - 20 days of practice
 - Returning runners hit summer mileage requirements.
 - Able to run a full 5k without stopping
- An itinerary will come out prior to September 4.