

\*Return parent permission form to coach Baldwin.

# Peoria Notre Dame

## Richard Spring Invitational

Friday September 16th	
7:30-8:00am	Store all suitcases and clothes in the Cross Country area. Put your name on all bags and suitcases. "Do things right, and the right things first."
10:39am(After 3rd) Bus 1	You are dismissed from the rest of your classes. Inform your teachers of your excused absence and arrange to make up any missed work and get your weekend homework. "Don't wait for something to motivate you, motivate yourself."
10:45 AM Bus 1	Depart OPRFHS by short bus. Bring a sack lunch to eat in route to Peoria. "You don't put regular gas in a race car."
2:32 PM Bus 1	Arrival in Peoria at Detweiller Park. Team Meeting and workout. "All great teams must believe in State Meets. This is why you are here!"
3:04 PM Bus 2	6 Mile run before bus ride down. "Know where and when to get serious"
4:08 PM Bus 2	Depart OPRFHS by van. "Learn to answer your own questions."
5:23 PM	Return to Residence Inn 2000 West War Memorial Drive, Peoria, Illinois 61614 (309) 681-9000. "You don't know how important knowledge is until you see someone without it".
8:20 PM	Depart Residence Inn for dinner at Olive Garden.
9:45 PM	Return to hotel. Lay your clothes out for the next day, before you go to sleep. "To be truly prepared, you must be prepared the night before."
11:30 PM	Lights out. "Take all the knowledge of this day, learn it, use it, and then take it to higher levels."

Saturday September 17th	
7:30 AM	Wake up. Enjoy breakfast. “Don’t be afraid to do something you have never done, when others have already done it.”
9:08 AM	Both buses depart hotel for Detweiller Park. “It is about effort, total effort, how long, how fast. It isn’t about who is first. It is about who is intense and eventually who is intense all the time.”
11:00 AM	Boys Varsity Race “An opportunity is like a tube of toothpaste.”
11:40 AM	Boys Frosh/Soph Race “Do not let what you cannot do interfere with what you can do.”
12:20 PM	Boys Open Race “Hard work beats talent when talent doesn't work hard.”
1:30 PM	Depart Detweiller Park for Steak N Shake in Bloomington.
6:15 PM	Arrive back at OPRFHS

# What to Bring?