**And The Race Is On**

Well, it’s been a whirlwind of a pre-season. We’ve had the young ladies up at the crack of dawn running on the track to build up their speed and endurance. They’re running so hard and pushing each other to the max. If you come watch us out there….don’t blink…..we might just run by you. We’ve also been making great strides in the weight room thanks in large part to our outstanding Strength Coach David Adamson. He truly has done a great job of laying the foundation for us in that arena. I’m quite sure there’s been some days where the team has thought we were crazy but in the end they’ll see that the results will speak for themselves. We’re trying hard to set our culture the right way for the road ahead. We know the process of being good is doing things right on a consistent, daily basis over the long term. We are more concerned with the process of how we are doing things rather than the product. Buying into this philosophy will be a big step forward in the future of what we want to accomplish here within our family. It won’t be long now and the season will be upon us. I hope you are all as excited as we are!

**UPCOMING GAMES**

10/29/17 St. Louis College of Pharmacy @ Rolla, MO  2 p.m.
11/10/17 LeMoyne Owen College @ Rolla, MO  7:30 p.m.
11/11/17 Purdue Northwest @ Rolla, MO  6:00 p.m.