

# 10/05/2023

Competition Standings (updated through 8 events and includes OUTPUT Vertical Jump w/hands on hips) – [CLICK LINK](#)

Plan for Thursday, October 5, 2023 – [CLICK LINK](#)

1. Continue to look at data to see where your numbers are at (DATA IS LINKED ON 10/4 PRACTICE PLAN)
2. Grades 10-12 stay on Snap Raise (obtain business donations, new email addresses, etc. ) – DO YOUR PART