

Cross Country Newsletter Oct 21, 2018 Florence Track Club

Practice This Week

Monday, Oct 22nd @ 5:05 p.m. West Florence

Tuesday, Oct 23rd @ 5:05 McLeod Health and Fitness Rail Trail

Thursday, Oct 25th @ 5:05 Darlington Middle School

Dates to Know

October 25th – Last day to sign up for Darlington 5k

October 27th – Darlington Middle School, Open 5k 10:15

October 29th – Costume Run/Halloween Party

Coupon Books

Please turn in any unsold coupon books!

Upcoming Meets

There is an open 5k at Darlington Middle School on Saturday, October 27th. I will get additional information to you as soon as it is available. Please start thinking about the State Meet on November 10th at Darlington Middle School. There is a form on the website if your athlete plans to participate. Please let me know by October 31st if your athlete plans to participate in the State Meet.

Birth Certificates

If your athlete plans to participate in the State meet on November 10th in Darlington, please make sure that I have a birth certificate on file. If your athlete has not participated in track or cross country in the past, most likely I will need a copy of their birth certificate. This is for age verification purposes only.

Photo Release

We have some amazing photos from our meet at Darlington Middle School. We plan to post these to our website. Please let me know immediately if you would prefer not to have your athlete's pictures on our page.

Halloween Run

We will have a Halloween themed practice on October 29th. I would like to encourage athletes to wear something fun to practice that day. Costumes are welcome, but please remember that we will still be running and having fun!

Sweatshirts

We have ordered FTC Sweatshirts in the past. These sweatshirts would be approximately \$30, and we would need at least 12 to place an order. I would like to do this quickly if there is any interest. Please let me know if you are interested and I will attempt to get an order together this week. If you would like to see an old model, I can bring one to practice tomorrow.

