

Cross Country Newsletter Oct 27, 2019 Florence Track Club

Practice This Week

Monday, Oct 28th @ 5:05 p.m. West Florence

Tuesday, Oct 29th @ 5:05 McLeod Health and Fitness Rail Trail

Thursday, Oct 31st – No Practice (Halloween)

Dates to Know

Nov. 1st – Last Day to sign up for State Meet

Nov. 7th – Banquet

Nov 9th – State Meet at Aiken

Nov 23rd – Region Meet at Tallahassee

Upcoming Meets

Please let me know if your athlete plans to participate in the State Meet on November 9th in Aiken. There is a form on the website if your athlete plans to participate. Please let me know by November 1st if your athlete plans to participate in the State Meet.

Birth Certificates

If your athlete plans to participate in the State meet on November 9th in Aiken, 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.

Halloween Run

We will have a Halloween themed practice on October 28th. 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!

T-shirts

T-shirts are in! We will be handing them out at the end of practice tomorrow. We may be a few minutes late getting your athlete to you after practice, so please be patient. If you cannot attend practice tomorrow, I will have the t-shirts with me next week.

Banquet

At the end of every season, we get together for dinner and reflect on the wonderful experiences cross country has provided to us. The current schedule has the date listed as November 14th. We are trying to move the date to November 7th. Please stay tuned for more details.