

Cross Country Newsletter Oct 7, 2018 Florence Track Club

Practice This Week Monday, Oct 8th @ 5:20 p.m. West Florence
Tuesday, Oct 9th @ 5:20 McLeod Health and Fitness Rail Trail
Thursday, Oct 11th @ 5:20 Freedom Florence

Dates to Know **October 8th – Last day to sign up for Mt. Pleasant Meet**
October 13th – Mt. Pleasant Meet @ 8:30
October 20th – James Island Meet

Coupon Books Thank you for your help in selling coupon books! I plan to wrap up our fundraiser this week. If you need additional books, please see me after practice. If you have books that you cannot sell, please return them by Oct 8th.

Upcoming Meets We have the sign up form on the announcement page of our website for the Mt. Pleasant Meet on October 13th. Please let me know by Oct 8th if your athlete plans to attend. I have not received any information for the meet at James Island yet. I will send out any information I receive this week.

Tie Dye Party Thank you so much for coming to our tie dye party! I hope you all had a good time and I cannot wait to see all of our colorful shirts! We have the BEST group of athletes and parents. I could not do any of this without your help.

Footlocker Footlocker South Regional holds a meet at McAlpine Park in Charlotte, NC every year. This year, the meet will be held on November 24th. If you have any questions, please let me know. If your athlete would like to participate, please ask for a registration form from Coach Heather. **All entries are due on October 8th.**