

Cross Country Newsletter September 15, 2019 Florence Track Club

Practice This Week Monday, Sept 16th @ 5:20 p.m. West Florence
Tuesday, Sept 17th @ 5:20 McLeod Health and Fitness Rail Trail
Thursday, Sept 19th @ 5:20 Freedom Florence

Dates to Know September 23rd – Last day to sign up for FTC Home Meet
September 28th – FTC Home Meet @ Freedom Florence @ 2:00 pm
October 5th – Mt. Pleasant Developmental Meet @ 8:00 am
October 9th – Trinity Byrnes 5K @ 4:30 p.m.

Uniforms If your athlete needs a uniform top, please let Coach Heather know. They are available for purchase for \$15. Please have your athlete wear black or blue bottoms with their uniform top.

Upcoming Meets We have the sign up form on the website for **our home meet at Freedom Florence on September 28th**. Please sign up by September 23rd if you would like to participate in this meet. We are looking for volunteers to help with our meet. You will still be able to see your athlete compete, as well as help the meet. Please consider volunteering to help at the meet. There is a sign up form on the website for both athletes and volunteers. Please let us know if you would like to volunteer on the course and/or bring a snack to share with all athletes.

Sponsors The Florence Track Club is in need of sponsors! We use the money received from our wonderful sponsors in order to cover meet fees, equipment costs, and the “extra” activities we plan throughout the season. If you know of anyone looking to make a difference in our community, please see Coach Heather for more information. The FTC is a non-profit organization and we will provide a letter for tax purposes. We will also display the company/individual name on our website and t-shirt. **We will need the company name soon. I am getting ready to place the t-shirt order!**

Schedule **Please note the updated schedule. We have received information for the State Meet. It will be held in Aiken, SC on November 9th. We have also added a possible meet for all of our athletes. Trinity Byrnes has invited our club to participate in their home meet. The meet will be held on October 9th. All athletes will be running a 5K race.**