

# Cross Country Newsletter September 2, 2018 Florence Track Club

**Practice This Week**      Monday, Sept 3<sup>rd</sup> @ 8:00 a.m. Freedom Florence (Labor Day Run/Breakfast)  
Tuesday, Sept 4<sup>th</sup> @ 5:50 McLeod Health and Fitness Rail Trail  
Thursday, Sept 6<sup>th</sup> @ 5:50 Freedom Florence

**Dates to Know**            September 8<sup>th</sup> – CCU Meet @ 8:30  
September 10<sup>th</sup> – Last day to sign up for Palmetto Meet/Order extra T-shirts  
September 15<sup>th</sup> – Aiken/Palmetto Meet @ 9:00  
September 22<sup>nd</sup> – FTC Home Meet @ Freedom Florence @ 2:00 pm

**Rainedout.com**            If you have not done so, please visit [www.florencetrackclub.com](http://www.florencetrackclub.com) and register to receive rainedout notices. This is the only way we will notify you in the event of inclement weather.

**Coupon Books**            Please continue to sell coupon books. If you need additional books, please let Coach Heather know at practice.

**Uniforms**                    If your athlete needs a uniform top, we will be selling them for \$15 during practice on Tuesday. Please bring correct change if possible. We will also be selling extra FTC T-shirts for \$5 during this time. Sizes are limited.

**T-Shirts**                     Each athlete receives a t-shirt as part of their registration fee. We tie dye them as a team. If you would like to purchase an extra t-shirt for yourself or family member, please fill out the form on the website and bring \$10 to Coach Heather at practice by September 10<sup>th</sup>.

**Upcoming Meets**            We have the sign up form on the website for the Aiken/Palmetto Meet on September 15<sup>th</sup>. Please sign up by September 10<sup>th</sup> if you would like to participate in this meet. We will also be hosting our Meet on September 22<sup>nd</sup>. Please consider volunteering to help at the meet. We will also need volunteers to bring snacks/baked goods for the athletes.

**Coaches/Volunteers**        We are always in need of additional coaches/volunteers for our club. If you are interested in becoming a coach, please see Coach Heather or Coach Willie for additional information.

**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.

**Registration Ends**            Registration for our current cross country season ends on September 4<sup>th</sup> for those athletes 12 and under. If anyone is still considering signing up, now is the time!