

# Cross Country Newsletter September 23, 2018 Florence Track Club

**Practice This Week** Monday, Sept 24<sup>th</sup> @ 5:20 p.m. West Florence  
Tuesday, Sept 25<sup>th</sup> @ 5:20 McLeod Health and Fitness Rail Trail  
**Thursday, Sept 27<sup>th</sup> @ 5:20 Darlington Middle School**

**Dates to Know** September 24<sup>th</sup> – Last day to sign up for Columbia Meet  
September 29<sup>th</sup> – Chapin – Columbia Meet  
October 6<sup>th</sup> – Darlington Meet

**Our Meet** What a day! I am so proud of our athletes! As I looked through their times and compared them to our runs earlier in the season, I just could not believe how far they had come. Please congratulate all of our athletes (and parents) on a job well done.

**Coupon Books** Thank you for your help in selling coupon books! We are doing a great job. If you need additional books, please let Coach Heather know at practice.

**Uniforms** If your athlete needs a uniform top, please let Coach Heather know. They will be available for purchase for \$15. We also have extra FTC T-shirts for \$5. Sizes are limited. 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 the Chapin – Columbia Meet on Sept 29<sup>th</sup>. Please let Coach Heather know by tomorrow (Sept 24<sup>th</sup>) if your athlete plans to attend. The following week, October 6<sup>th</sup>, there is a meet at Darlington Middle School. Please use the sign up form on the website for this meet also.

**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!**