

Cross Country Newsletter September 29, 2019 Florence Track Club

Practice This Week Monday, Sept 30th @ 5:20 p.m. West Florence
Tuesday, Oct 1st @ 5:20 McLeod Health and Fitness Rail Trail
Thursday, Oct 3rd @ 5:20 Freedom Florence

Dates to Know **September 29th – Last Day to Sign up for Mt Pleasant Meet**
October 3rd – Last Day to Sign up for Footlocker South Regional
October 5th – Mt. Pleasant Developmental Meet @ 8:00
October 6th – Last Day to Sign up for Trinity Byrnes 5k
October 9th – 5K Meet at Trinity Byrnes @ 5:00
October 12th – Columbia/Chapin Meet at 8:00
October 13th – Tie Dye Party

FTC Home Meet What can I say? It was a wonderful day for our athletes and our visitors. Huge thank you to everyone who stepped up to help and to those who cheered on our athletes. We had a great showing and I couldn't be more proud of our club. We really do have the best families!

Upcoming Meets Today is the last day to sign up for the Mt. Pleasant Meet. Please let me know ASAP if your athlete is wanting to participate. The form is now up for the Columbia/Chapin meet on October 12th. The last day to sign up is October 6th.

Tie Dye Party We are planning our annual Tie Dye Party. We have had to move the date to Sunday, Oct 13th @ 2:00. Please be on the lookout for more information soon!

Sponsors **The Florence Track Club is in need of sponsors! Last call! We will need the company name soon. I am getting ready to place the t-shirt order!**

Footlocker Footlocker South Regional holds a meet at McAlpine Park in Charlotte, NC every year. This year, the meet will be held on November 30th. I will put the information for the meet on our website. 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 by October 3rd.