

# Cross Country Newsletter September 8, 2019 Florence Track Club

**Practice This Week**      Monday, Sept 9<sup>th</sup> @ 5:50 p.m. West Florence  
Tuesday, Sept 10<sup>th</sup> @ 5:50 McLeod Health and Fitness Rail Trail  
Thursday, Sept 12<sup>th</sup> @ 5:50 Freedom Florence

**Dates to Know**            September 10<sup>th</sup> – Last day to order extra T-shirts  
September 28<sup>th</sup> – FTC Home Meet @ Freedom Florence @ 2:00 pm

**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.

**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 our home meet on September 28<sup>th</sup>. Please sign up by September 23<sup>rd</sup> if you would like to participate in this 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. This is a great event, but we cannot do it without your help!

**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!**