

Cross Country Newsletter September 9, 2018 Florence Track Club

Practice This Week Monday, Sept 10th @ 5:50 p.m. West Florence
Tuesday, Sept 11th @ 5:50 McLeod Health and Fitness Rail Trail
Thursday, Sept 13th @ 5:50 Freedom Florence

Dates to Know September 10th – Last day to sign up for Palmetto Meet/Order extra T-shirts
September 15th – Aiken/Palmetto Meet @ 9:00
September 18th – Last Day to sign up for Freedom Florence Home Meet
September 22nd – FTC Home Meet @ Freedom Florence @ 2:00 pm

Rainedout.com If you have not done so, please visit www.florencetrackclub.com and register to receive rainedout notices. This is the only way we will notify you in the event of inclement weather. **The weather this week looks like it will be an issue. Please be on the lookout for notifications.**

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 are 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.

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 10th.

Upcoming Meets We have the sign up form on the website for the Aiken/Palmetto Meet on September 15th. Please sign up by September 10th if you would like to participate in this meet. We will also be hosting **our Home Meet** on September 22nd. 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!**