

Cross Country Newsletter August 25, 2019 Florence Track Club

Practice This Week Monday, August 26th @ 6:20 West Florence HS Track

Tuesday, August 27th @ 6:20 McLeod Health and Fitness Rail Trail

Thursday, August 29th @ 6:20 Freedom Florence

Friday, August 30th @ 5:30 Coastal Carolina

Dates to Know August 26th – Last day to sign up for CCU Meet

August 31st – Last day to sign up for Labor Day Run

September 2nd – Labor Day Breakfast Run @ Freedom Florence @ 8:00 am

September 28th – 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.

Fundraiser I am currently brainstorming ideas for a fundraiser for our cross country program. If you have any ideas, please send them my way!

Uniforms If your athlete needs a uniform top, we will be selling them for \$15. Please bring correct change if possible. Checks can be made out to Florence Track Club.

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.

Labor Day Run We have a tradition of running a long run early on Labor Day morning. After the run, we have breakfast and play some games. It is a great opportunity for the athletes to build a relationship with their teammates. Please let us know if you are planning to attend by filling out the form on our website by August 31st.

Upcoming Meets There is a meet on Friday, August 30th at Coastal Carolina. If you are interested in participating in this meet, please reply to this email by August 26th at 5:00 p.m. Since it is an early season meet, I will have to approve your athlete before registering them for the meet. We will have our home meet on September 28th at Freedom Florence. All of our athletes are encouraged to participate!

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. You will also need to go to the City of Florence Athletics website and register as a Coach for Cross Country. This is the same method you used in order to register your athlete for our program.

Sponsorships **If you are interested in sponsoring our program, or know of an individual or business who may be interested, please let me know and I can give you an information sheet.**