

Cross Country Newsletter August 26, 2018 Florence Track Club

- Practice This Week** Monday, August 27th @ 6:20 West Florence HS Track
Tuesday, August 28th @ 6:20 McLeod Health and Fitness Rail Trail
Thursday, August 30th, No Practice, Board Meeting @ 6:30 New Pearl Moore Basketball Center
- Dates to Know** August 30th – Last day to sign up for CCU Meet
August 31st – Last day to sign up for Labor Day Run
September 15th – Aiken/Palmetto Meet @ 9:00
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.
- Coupon Books** Please try to sell the coupon books. All money raised will go directly to our program for race entry fees, equipment, special events, etc. If you have not received a coupon book yet, please see Coach Heather after practice. Each book sells for \$20 and easily pays for itself in just a couple of uses. If you cannot sell the coupon book, please return it to Coach Heather by October 4th.
- Uniforms** If your athlete needs a uniform top, we will be selling them for \$15 during practice on Tuesday. Please bring correct change if possible. We will also be selling extra FTC T-shirts for \$5 during this time. Sizes are limited.
- 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 6th.
- 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** We will be posting additional meet opportunities at the end of the week. Please be on the lookout for the notification to sign up. We will also be hosting our Meet on September 22nd. Please consider volunteering to help at the meet. We will also need volunteers to bring snacks/baked goods for the athletes.
- 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. If you are considering helping out, we will have a brief meeting with the City of Florence at West Florence HS before practice on Monday, August 27th. This is a mandatory meeting for everyone helping with our athletes. Please arrive before 5:50 and meet on the bleachers. If you cannot attend this meeting and still would like to help out, please let Coach Heather know so alternative arrangements can be made.