

August 25, 2014

TO: Cross Country Parents

FROM: Coach Ehlert, Coach Schauland, Coach Schmidt

RE: Grass Relays, Friday Practice, Labor Day, Volunteers, Boosters, and Uniforms

Grass Relays

Our season is well underway and we are ready for a good warm-up meet at Sterling on Thursday (8/28). These Grass Relays will be set up for running pairs of athletes. The course will be four miles and each athlete will run two separate mile legs of the relay tagging off to their partner for the other two legs. This is a good early season format for us stressing conditioning. The Grass Relays will be held in Hoover Park behind Woodlawn Grade School on the east end of Sterling. To get there exit north off Interstate 88 on Route 40 and proceed into Sterling. Turn right on Route 2 and follow to east side of Sterling. Turn right on Woodlawn Road (close to McDonald's) and follow to Woodlawn Grade School.

The course begins behind the school. Starting time for the Girls race is 4:15 pm followed by the Boy's race. All athletes will ride the bus home unless they turn in a note from parents to the office on the day of the meet to ride home with a parent (no exceptions please!). The students should be back home around 7:00 - 7:30. Please bring snacks for the kids for after the race.

Friday Practice

Friday (8/29), we will be practicing at Richmond Hill Park (we need practice on the hills!). Students will jog to Richmond Hill and have their bags transported to Richmond Hill. **You may pick-up your child at 5:00 pm at Richmond Hill Park. Note the pick up time. We have to allow for running to Richmond Hill and running on the course.** Any student not picked up at the park will be transported back to the school around 5:15 pm for pick-up there. Your continued prompt pick-up is appreciated. We apologize for the late notice.

Monday Practice (Labor Day)

The team will not be practicing on Labor Day. The coaches will be painting the course for Tuesday, if anyone would like to help, they will be there at 4:00 pm on Monday.

Volunteers Needed

We have three home meets this year. Our first meet is a dual with the Pioneer pacers on Tuesday September 2nd. We will need help with the finish line.

We also host our big Invitational Wednesday, September 10th. We are hosting the Geneseo Invitational that day with 10 -12 teams, and we need lots of parent volunteers to make it a successful event. Please block that day out on your calendar and plan to help out if you are able. No special skills are needed. We will require help directing race traffic and working at the finish line between @ 4:15 pm - 6:00 pm. We also need help setting up the course. Boosters will be hosting a concession stand this year and we could use help there also.

We are also hosting the Heartland Conference Championships on Wednesday, October 1st. We will need the same amount of help. Contact Coach Ehlert to volunteer.
tehlert@dist228.org

Boosters

Boosters are selling cross country signs this year. A form can be found on the web page <http://gcsdstaff.org/ehlert/>. Boosters will also need help with volunteers for meets. We will be sending an email with more information.

Uniforms and Warm Up Coats

Cross-country uniforms have been distributed. Uniform and Jacket care includes the following:

- 1) Wash in cool or cold water only
- 2) Do not bleach
- 3) Hang dry (do not use dryer)
- 4) Do not iron (gummed labels will smear).

We are excited to be able to provide uniforms and warm ups, please take proper care!