

August 26, 2013

TO: Cross Country Parents
FROM: Coach Ehlert, Coach Schauland
RE: Tuesday Practice, Grass Relays, Friday Practice, Labor Day,
Volunteers, and Uniforms

Tuesday Practice

Due to the extreme heat for Tuesday (Tomorrow), we are going to hold practice at 6:30 a.m. The coaches will be here at 6:15. We will start practice at 6:30 a.m. We apologize for the late notice. If your student athlete cannot make it to practice, we totally understand. There will not be practice Tuesday after school.

Grass Relays

Our season is well underway and we are ready for a good warm-up meet at Sterling on Thursday (8/29). 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.

More on Back

Friday Practice

Friday (8/30), 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. 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 two home meets this year. Our first meet is a dual with the Pioneer pacers on Tuesday September 3rd. We will need help with the finish line.

We also host our big Invitational Wednesday, September 11th. 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. Contact Coach Ehlert to volunteer. tehlert@dist228.org

Uniforms

Cross-country uniforms have been distributed. Uniform 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, please take proper care!