

August 28, 2015

TO: Cross Country Parents  
FROM: Coach Ehlert, Coach Schmidt, Coach Gillespie  
RE: Grass Relays Results, Sunday, Tuesday Meet, Volunteers Needed, Uniforms, Snacks, and Photos

### **Grass Relays Results**

The teams did well last night. We had many top time performances. Dixon has a very strong team and we will be racing them all year long. The good news is, we do not have to race them at Sectionals and State. They will make us better all year long. The girls and boys teams placed second in each division. Results are posted on the webpage <http://gcsdstaff.org/ehlert/>.

Parents, awesome jobs with the snacks.

### **Sunday**

If anyone is interested in helping paint the course, the coaches will be at Richmond Hill at 2:00 pm. We need help painting the course.

### **Volunteers Needed**

We have two home meets this year. Our first meet is a triangular with the Pioneer pacers on Tuesday September 2<sup>nd</sup>. We will need help with the finish line.

We also host our big Invitational Wednesday, September 9th. 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@geneseoschools.org](mailto:tehlert@geneseoschools.org)

### **Tuesday Meet**

The start times on Tuesday have been moved back on Tuesday due to the heat. The girls race will start at 5:00. The boys race will begin at 5:30.

## **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!

## **Photos**

Parents, if you were taking photos, we would love to have them. We use them on the Web Page and we are making a highlight video for the kids for the end of the year. You can bring them to us on a cd or send them to coach Ehlert through email at [tehlert@geneseoschools.org](mailto:tehlert@geneseoschools.org).

## **Snacks**

Some parents have asked about bringing snacks or drinks for the team for after races. Great idea. Cookies, brownies, Fruit, any thing would be great. We do have some athletes with a tree nut allergy, please be conscious of this when providing snacks. The kids need some energy after working so hard.