

August 30, 2013

TO: Cross Country Parents  
FROM: Coach Ehlert, Coach Schauland  
RE: Labor Day, Tuesday Meet, Volunteers, Uniforms, and Snacks

### **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. Make sure to run over the weekend. We have a race on Tuesday.

### **Tuesday Meet**

The Dual between Geneseo and Pioneer is on Tuesday September 3<sup>rd</sup>. The meet will be at Richmond Hill. **The meet will begin at 4:45. That is a change.** The schedule says 4:15. The team will ride a bus to Richmond Hill after school.

### **Volunteers Needed**

We have two home meets this year. Our first meet is a dual with the Pioneer pacers on Tuesday September 3<sup>rd</sup>. 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

**More on Back**

## **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!

## **Snacks**

Some parents have asked about bringing snacks or drinks for the team for after races. Great idea. Cookies, Brownies, Fruit, Water, any thing would be great. The kids need some energy after working so hard.