

September 3rd, 2014

TO: Cross Country Parents
FROM: Coach Ehlert, Coach Schauland, Coach Schmidt
RE: Tril Results, Thursday Practice, Friday Meet, Monday Practice,
Tuesday Practice, Volunteers, Photos, and Snacks

Tri Results

Great start to the season. We had 7 girls in the top 10 and 8 boys in the top 10. Results are posted on the web page. Parents, great job with volunteering and all the great snacks. One of the best snack tables we have had.

Thursday Practice

Thursday September 4th practice will be done at 4:30. Please pick your student athletes up at 4:30.

Friday's Meet

Friday September 5th, the team will be running at the Pleasant Valley Invitational at Crow Creek Park in Bettendorf, Iowa. This is a huge meet. Most of the teams are from the state of Iowa.

The girls race will begin at 4:00 pm and the boys will run at 4:30 pm.

Take Wolf Road to I-80 West. Go to Iowa. Take the Middle Road Exit. Take a left on Middle Road (South). Go to 53rd street. Take a right (West) onto 53rd. Go to Devils Glen Road. Take a left onto Devils Glen Road. Crow Creek Park will be on your left.

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Monday Practice

Practice on Monday will be regular time. We will be done at 5:00 pm.

Tuesday Practice

This Tuesday (9/9) we will be practicing at Richmond Hill Park (we need to walk the course and set it up!). Students will be bused 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.

Volunteers Needed

Our home cross-country meet is Wednesday, September 10th. We are hosting the Geneseo Invitational that day with 11 - 13 teams (Over 500 Athletes), 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 @ 4:00 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

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@dist228.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 an athlete with a peanut allergy, please be conscious of this when providing snacks. The kids need some energy after working so hard.