

September 3rd, 2015

TO: Cross Country Parents
FROM: Coach Ehlert, Coach Schmidt, Coach Gillespie
RE: Tri Results, 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.

Friday's Meet

Friday September 4th, 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.

Monday Practice (Labor Day)

The team will not be practicing on Labor Day. Please try to run on Monday. Normally on Monday's we do a track workout. Try to get 3 - 4 miles of running in. Sprints would be great to do.

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Tuesday Practice

This Tuesday (9/8) 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. Your continued prompt pick-up is appreciated.

Volunteers Needed

We host our big Invitational Wednesday, September 9th. We are hosting the Geneseo Invitational that day with 15 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

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.

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.