

September 4th, 2013

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

Dual Results

Great start to the season. We had 7 girls in the top 10 and 4 boys in the top 10. Here were your top ten finishers: Hannah Soria, Veronica Eilers, Kenzie Davison, RaeLynn Versluys, Heather Dietrich, Caitlin Gorge, Jessie Daly, Kaden Rink, Andrew Rizzo, Trevor Schefsky, and Reed Vanderheyden. 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.

Friday Practice

Friday September 6th practice will be done at 4:30. Please pick your student athletes up at 4:30.

Saturday's Meet

Saturday September 7th, 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 bus will leave at 6:35 am. At 8:30 the girls run and at 8:35 the boys will run. Directions to the meet:

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

We have an early dismissal on Monday, so we are going to have early morning practice at 6:30 am. We will meet at the middle school.

Tuesday Practice

This Tuesday (9/10) 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 11th. 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. The kids need some energy after working so hard.