

September 19, 2014

TO: Cross Country Parents

FROM: Coach Ehlert, Coach Schauland, Coach Schmidt

RE: Moline Invite Results, Saturday's Meet, Monday Practice, Photos, and Snacks

Moline Invitational Results

Both our girls and boys teams were awesome at Coal Valley. The boys and girls won the meet. The course is crazy, luckily no one got lost. Overall, everyone did well. We had 12 medalists. Josie Brown (1st) Julia Poel (2nd), (Hannah Soria (5th), Lauren Belvel (6th), and Jessie Daly (8th) for the girls. The boys had Kaden Rink (1st), Peter Rizzo (2nd), Andrew Rizzo (3rd), Nathan Carroll (4th), Carson Cocquit (5th), Neo Colter (8th) and Kaleb Decker (9th). A big thank you to the parents, for bringing in treats for after the race. The kids enjoyed the post race celebration.

Galesburg Bus & Race Times

Saturday morning (Sept. 20th) the bus will leave at 7:00am, from the Middle School, to get to the Galesburg Invitational. Please come a few minutes early that day so we can load and be on the road on time.

There is a change this year to the meet schedule. There are 4 races. The Girls Open Race will go off at 9:00 am followed by the Boys Open Race at 9:30 am. There will be a Girls Top 7 race at 10:00 am, followed by a Boys top 7 Race at 10:30 am. Awards will be shortly after the Boys top 7 race. We will stop to eat lunch in Galesburg on our way home so bring enough money for a fast food stop. With the new format we expect to get back to Geneseo around 2:00. Students planning on riding home with parents should turn in their note at school Friday. Please sign your athlete out, before leaving. Directions to the meet site at Lake Story are as follows - 1) head south on Interstate 74, 2) exit west on Route 34 (Exit 46A), 3) continue west to Route 150 (toward Alpha), 4) exit north, pass the stoplight and take the 2nd exit into the park.

Richmond Hill/Dairy Queen Run

On Monday (Sept. 22nd) our practice will consist of a run to Richmond Hill, practice some hills, and finish at the Dairy Queen. All athletes are asked to bring a few dollars to buy a treat. Parents may pick up their athlete that night at 5:00 pm at the Geneseo Dairy Queen. Any student not picked up at the Dairy Queen will be transported back to the school around 5:15 pm for pick-up there. Your continued prompt pick-up is appreciated.

Photos

Parents, if you were taking photos, we would love to have them. 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.