

Welcome to the 2016 Cross Country Season from your CC Booster Board!

Some information to get your season started on the right foot!

Please check the website regularly for coach comments, meet information, special events and much more...

- **CC Website** **VERY IMPORTANT ~ This is the only way to get team emails!**
 - ❖ Check it out ~ information you need can be found on the Website <http://www.erhsactivities.com/erccmail?id=1148761-cross-country>
 - ❖ Become a member and receive all the important emails!
 - Go to our site: <http://www.erhsactivities.com/erccmail>
 - Follow the instructions on this page
 - If you have any question contact Deb Schiferl @ wdschiferl@msn.com
- **Uniforms**
 - ❖ **Singlet** (fancy word for the shirt ☺) is provided by the team and **must be returned** at the end of the season
 - ❖ **Shorts** ~ Each runner will purchase their own pair to **keep**, these are the same as the Track uniform shorts (YEA!) Rusty from Lids will be at the Under the Lights event selling them.
 - ❖ Remember ~ anything you wear underneath your uniform (such as compression shorts) must be all black!
- **T-Shirt**
 - ❖ The captains have designed the shirt and every runner will get one from the boosters. We get sizes the first day of practice and order right away
- **Apparel**
 - ❖ An online store is set up with St Croix Screenprinting. Warm ups, Hats and more are available to purchase.
 - ❖ Consider the option of embroidering your name on your warmups ~ it makes that post race sweats hunt so much easier!
 - ❖ Check out the **CC Apparel** page of the Website for more info <http://www.erhsactivities.com/ccapparel>
- **Booster Donation \$20 per runner**
 - ❖ We are asking every family to make a donation to support the team. Your booster donations pay for:
 - * Team T-Shirts * Watermelon Run * Under the Lights treats *
 - *Milaca Meet Picnic * Banquet Decorations and Gifts *
 - ❖ Please make checks payable to ER PSO-CC. Don't forget ~ it's a Charitable Deduction!
- **Fundraising**
 - ❖ The **ONLY** fundraiser we do is a team event - we work the **St Paul Triathlon on Sunday August 21st**. Parents and siblings are welcome to help~ we set up, work water stations, guide participants and clean up. It is a great team building event and inspiring to watch the athletes. Proceeds from this event have supported our team with major purchases (like the tent). Check the website for more detail.

Participation in the booster club and fundraising is voluntary and will not affect any opportunity to run
- **Parent Volunteer Opportunities**
 - ❖ Come to the **Triathlon**, we get a donation for each person who helps
 - ❖ Help with the **Night Under the Lights**; you may get an extra frozen treat!
 - ❖ Help with the **Watermelon Run** ~ ask any runner, this one is a HUGE hit!
 - ❖ Help with the **Milaca Mega Meet Lunch**; it's a long day at the races and the runners need food!
 - ❖ Host a **Pasta Party** ~ 80 runners zip in, eat more food than you could imagine, and zip out, no problem!
 - ❖ Help with the **Banquet**, come early and get a good seat
 - ❖ Take **Pictures!** You're probably doing it anyway...
- **Parent Meeting & Volunteer Sign-Up - Bring your checkbook!**
 - ❖ **Wednesday August 24th** is the Night Under the Lights Run ~ East Ridge Track Stadium
 - The team runs a 2 mile time trial on the track and the parents cheer like crazy, we need practice too!
 - Before the run, Coach Cronin will talk about how the season works.
 - Check out your uniform singlet
 - Uniform shorts will be available to purchase from Lids.
 - Try on apparel samples
 - Booster information tables: pay your booster donations, volunteer to help with booster events, join the booster board. We are always looking for new board members!
 - Enjoy frozen treats at the end of the run!