

Welcome to the 2017 Cross Country Season from your CC Boosters!

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/Distribution List** **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!
 - Follow instructions on our site: <http://www.erhsactivities.com/erccmail>
- **Twitter**
 - The CAPTAINS use twitter to communicate with the team, team bonding events (bonfires/pool parties), special dress up days, meet reminders and so on. The Twitter feed is linked on the CC Website home page or can be found at @ERCrosscountry
- **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, Sweatshirts 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**
 - There is no scheduled fundraising for the 2017 season. Our usual fundraiser ~ the **St Paul Triathlon** has been cancelled this year due to road construction.
- **Parent Volunteer Opportunities** ~ Watch for Sign-up Genius announcements to volunteer for:
 - Help with the **Run Under the Lights (Wed August 23)**; you may get an extra frozen treat!
 - Host or help host a **Pasta Party** – the first two are already taken
 - Help with the **Watermelon Run (date unknown, sometime first weeks of school)** ~ Runners love this one!
 - Help with the **Milaca Mega Meet Lunch (Saturday September 23)**; long bus ride, lots of races, food's a must
 - Help with the **Banquet (date TBD)**, come early and get a good seat
 - Take **Pictures!** You're probably doing it anyway...
- **Run Under the Lights/Parent Meeting - Bring your checkbook!**
 - **Wednesday August 23th** 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.
 - Uniform shorts will be available to purchase from Lids.
 - Samples of Apparel Store items available to try on
 - Check out Uniform Singlet
 - Pay Booster fee
 - Enjoy frozen treats at the end of the run!

IMMEDIATE ACTION REQUIRED!

Uniforms will be checked out at Night Under the Lights, to speed up the process please complete and return this form to a coach by Friday August 18th – Please note there are a limited # of each size (especially SMALL) so no guarantees on getting size requested.

Runners Name: _____ Grade: _____

- Cross Country Uniform Singlet size request (please circle your preference):

<u>Men's</u>			<u>Women's</u>	
SMALL			SMALL	
MEDIUM			MEDIUM	
LARGE			LARGE	
XL			XL	
XXL				
XXXL				

- Booster Donation \$20 per runner

Please keep the bottom of this form as your receipt for your tax deductible donation to the ER PSO CC boosters.

Donation Receipt from East Ridge PSO-Cross Country

Thank you for your cash/check donation of \$ _____

Made on _____

No goods or services were provided in exchange for your gift