

XC Updates for the Week of August 24

Hi Team!

I hope everyone had a great first week back to school.

As a reminder, please be sure you have all signed up for the Remind messages. Many items of importance are communicated from the coaches to our team, via Remind, especially last minute updates, such as meet and practice information, meet start times and meet division assignments.

To sign up to receive Remind messages You can create a Remind account by going to www.remind.com or downloading the free iOS or Android app. Click on Sign up. You may also text @smhsxc20 to 81010. If you signed up for Remind but have not received any messages, please troubleshoot at <https://help.remind.com/hc/en-us/articles/360001654560-I-m-not-receiving-messages>.

Please read the following updates for this week:

FROM COACH ROCK:

I am so happy that we were able to participate in a meet this weekend. In a time where we can't be certain what tomorrow will look like, I am going to be grateful for every opportunity like this weekend.

While we don't have the overall results from the meet this weekend, we do know we had a lot of top 10 finishers in their individual heats - a great start to this season!

Varsity:

Colton Olvey - 6th
Joseph Muzzillo - 7th
Kolby Smith - 10th
Darby Olive - 9th

JV:

Charlie Clem - 5th
Diego Ramos - 6th
Grant Dougher - 7th
Bankson Roach - 9th
Drew Moore - 10th
MJ Gagliano - 3rd

PRACTICE THIS WEEK:

Practice times are the same this week as last week: (with the exception of Saturday since we don't have a meet this weekend).

Mon - Thursday (6am-7:30am) at the SMHS track pavilion
Friday - (4pm-5:15pm) at the SMHS track pavilion
Saturday - (7:30am-9:30am) at Braelinn Rec Center

T&G SPIRIT WEAR ORDERS:

If you ordered spirit wear from the T&G online store, items were given to athletes on Friday at practice (if they were present at practice). If you are missing anything from your order, please contact Craig Barron at T&G Allsports (770-460-7700).

Car Magnets are still available for \$5 from Coach Rock

AT&T PANTHER XC INVITATIONAL:

Our FIRST HOME MEET is coming up soon on Saturday, September 5th! Fully staffing this meet with volunteers is critical to making it a success. Please use the link below to sign up to volunteer. If you have any questions, contact our volunteer coordinator, Brooke Clem (brookeclem@gmail.com).

The September 5th meet link is: [Sept 5 Home Meet Volunteer Sign-Up](#)

PRE-MEET TEAM DINNER SEPTEMBER 4:

We will be holding our annual XC pre-meet team dinner on Friday, September 4 at 6:30pm in the SMHS Cafeteria. **Due to Covid, this event is only open to our XC athletes and coaches.** The cost is \$10 and includes an individually boxed meal from Johnny's Pizza. We will have a special guest speaker joining us via Zoom. The deadline to RSVP and pay is Friday, August 28. We are asking all athletes to please fill out this form (link below) even if you are not attending so that we know everyone has received the information. Please note that late RSVPs and payments will not be accepted and there are no walk-ups. Cash (exact change) or check for \$10 made out to FLBC will be collected by Coach Rock at practice. If you have any questions, please email Jessica Dombek at jbdombek@gmail.com. Thank you!

[Sept. 4 Pre-Meet Team Dinner RSVP Form](#)

Have a great week!

*Sent for the FLBC by
Kelly Anderson*