

## XC Updates for the Week of Oct. 19

Hi Team! I hope you enjoyed the beautiful weekend. Please read the following updates for this week:

### Weekend Recap:

It's hard to believe, but we are at the end of our season! The next race will be the Region meet that everyone will run. Here are the top 10 finishers in the races from the Coach Wood meet:

Varsity Boys - Colton Olvey (5th), Varsity Girls - Darby Olive (3rd), and JV Champ Boys - Nikola Taylor (7th)  
You can see all of the results on MileSplit: <https://ga.milesplit.com/meets/379849-coach-wood-invitational/results#.X4wsFNBKhPY>

In addition to the Coach Wood meet, Bankson and Gabby Roach competed in the Middle School State Championship Meet on Saturday where Bankson placed 4th and Gabby placed 6th.

### Practice this week:

- Monday (ONE Church) - 4:30-6:00 (Return your clean pink jersey)
- Tuesday (ONE Church)- 4:30-6:15
- Wednesday (ONE Church) - 4:30-6:00
- Thursday (SMHS Track) - 4:00-6:00 (Picture Day)
- Friday (SMHS Track) - 4:00-5:30
- Saturday (ONE Church) - Region meet!

### Team/Individual Pictures:

We were finally able to get team pictures on the schedule. They will take place Thursday in the stadium. We need everyone dressed (in uniforms) and in the stadium by 4:00. Following the team picture, athletes will have the option of taking individual pictures. I will have forms available at practice on Monday.

### REGION MEET - VOLUNTEERS STILL NEEDED!!:

On **Saturday, Oct. 24th**, we will be co-hosting the **Region XC Meet**, along with the XC team from McIntosh.

Thank you to those who have signed up to volunteer! We still need some spots filled, especially course clean-up. The more people who can help, the quicker it will go. **MASKS ARE REQUIRED** for any volunteers who will come into close proximity to athletes.

Sign-Up Link to Volunteer: <https://signup.com/go/NVdmOWN>

**\*\*Don't forget, to earn back your volunteer rebate you must work our home meet (The Panther Invitational from Sept. 5) and one of the following: Time Trials (Aug. 8), Course Work Day (Aug. 15), Region Meet (Oct. 24). The Region Meet will be the final opportunity to volunteer if you still need to.\*\***

If you have any questions about volunteering, contact our **volunteer coordinator, Brooke Clem at 770-310-9086** or ([brookeclem@gmail.com](mailto:brookeclem@gmail.com)). **THANK YOU!**

### END OF SEASON BANQUET SLIDE SHOW - \*\*HELP NEEDED!\*\*

We need a volunteer to put a slide show together for the end of season banquet. While we do not yet know what the banquet will look like this year, we do know that one of the favorite parts of the celebration for the athletes is the slide show, which summarizes their season in photos. If anyone can **PLEASE** help with this, we would greatly appreciate it! You can even recruit someone to work with you. Please email Jessica Dombek if you would be willing to help at [jbdombek@gmail.com](mailto:jbdombek@gmail.com).

**\*\*URGENT\*\*PHOTOS NEEDED!**

In order to have a great slide show we need your photos! If you have pictures of any XC events (candid, racing, practice, goofing around, etc.) that you would want to see in the slide show, please put them on a thumb drive and send them in to Coach Rock in an envelope with your name on it. We will make sure you get the thumb drives back. Again, be sure to label the envelope with your name on it so we can get it back to you.

**\*\*PARENTS OF SENIOR ATHLETES\*\***: Please send in a baby/toddler photo, as well as a current photos of your graduating athlete to share for the banquet slide show. This is always a highlight for the whole team and extra special for our Seniors! Those pictures can be e-mailed to Jessica Dombek at [jbdombek@gmail.com](mailto:jbdombek@gmail.com).

**The deadline for the senior baby and current pictures is THIS TUESDAY 10/20. All other pictures need to be sent to Jessica by 10/30.** The sooner you can get those to her, the better!

Again, thank you so much in advance for any help you can give to make our end of year celebration for our athletes, and especially our graduating Seniors, as special as possible!! We appreciate our wonderful parents so much!

Thank you and have a great week!

*Sent for the FLBC by  
Kelly Anderson*