

XC Updates for the Week of Oct. 12

Hi Team! I hope everyone has stayed somewhat dry this rainy weekend. Please read the following updates for this upcoming week, as well as some requests for help at the end:

FROM COACH ROCK:

It is so hard to believe that our season is quickly coming to an end! We have the Coach Wood Invitational this weekend, followed by the Region Meet on Oct. 24. Everyone will run in both of these meets.

Practice this week: (*Note changes from previous weeks)

Monday and Tuesday (ONE Church) - 4:30 - 6:15pm

*Wednesday (SMHS track) - 3:00 - 4:30pm (Optional Mental Toughness Training for girls will take place after practice. If you did not attend week #1 and want to attend week #2, see Coach Anne)

*Thursday (SMHS track) - 4:00 - 5:15pm

Friday (SMHS track) - 4:00 - 5:30pm

Saturday - Coach Wood Invitational

Coach Wood Invitational:

This weekend (Oct. 17), our meet will be held at McIntosh Reserve Park (1046 W. McIntosh Cir, Whitesburg, Ga). This is the same location as our first meet (Bob Blastow).

Entries and race times:

<https://docs.google.com/spreadsheets/d/1h3jh4Kbc7IzPxEJgvrsxhdhiXjHv9u8laC82wBNIPuo/edit?usp=sharing>

The bus will leave SMHS at 8:15am. Please sign up if you plan to ride the bus and indicate if you will be riding the bus home or with someone else:

<https://docs.google.com/spreadsheets/d/1Ry279izWB33e5W3VCH1PnaCMKTyYkWijhHt-smfShB8/edit?usp=sharing>

Middle School State Championship:

This weekend is also the middle school state championship meet. If your 8th grader is interested in running against the top competition in the state of Georgia, then please email rock.kelly@mail.fcboe.org or donlivingston@bellsouth.net.

Some important notes - this is not an SMHS sanctioned event, therefore transportation, payment (\$20), and uniforms are all independent of the school (no SMHS jerseys can be worn).

For more information, please see this document:

https://dop3o1hd82eb7.cloudfront.net/user_files/11171/301225/2020_state_ms_cc_champ_info_.pdf

REGION MEET VOLUNTEER REMINDER:

On **Saturday, Oct. 24th**, we will be co-hosting the **Region XC Meet**, along with the XC team from McIntosh. In the past this has been a great opportunity for us to work side-by-side with our neighbors (aka rivals)!

As always, **we need everyone's help** to make this a great meet. Please sign up using the link shown below to volunteer to help out. Notice that the volunteer list has MHS and SMHS designations associated with the

tasks. Sign up for SMHS designated slots as long as they are still open. **We also need a few people on Friday morning (Oct. 23)** for set up activities.

We need all spots filled in order to make this a successful meet! If you volunteer for a spot that is a smaller time commitment, please make every effort to sign up for an additional volunteer opportunity. **MASKS ARE REQUIRED** for any volunteers who will come into close proximity to athletes.

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

The Schedule of Events is as follows:

- 6:30am - Packet Pick up
- 7:00am - Coaches Meeting
- 8:00am - Boys Varsity (7 runners; same time as 5A state meet start time)
- 8:45am - Girls Varsity (7 runners; same time as 5A state meet start time)
- 9:15-9:30am - break to switch parent volunteers
- 9:45am JV Boys (unlimited entries)
- 10:15am JV Girls (unlimited entries)
- 11:00am Awards Ceremony (we will Social Distance teams and individuals)

Thank you in advance for helping to get these spots filled ASAP! If you have any **questions about volunteering**, please contact our amazing Volunteer Coordinator, Brooke Clem at **770-310-9086** or (brookeclem@gmail.com).

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.

PHOTOS NEEDED!

In order to have a great slide show we need your photos! If you have pictures of any XC events (candids, 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 start looking for baby/toddler, as well as current photos of your graduating athlete to share for the banquet slide show. This is always a highlight for the whole team! Those pictures can be e-mailed to Jessica Dombek at jbdombek@gmail.com.

The deadline for the senior baby and current pictures is 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*