

XC Updates for the Week of August 17

Hi Team. I hope everyone had a great week. Please read the following updates from Coach Rock:

Course work day was a SUCCESS!

Thank you to all the volunteers (almost 100!) that helped out today (Saturday) spreading bark and mulch, trimming branches, weed eating, and replacing the rotten boards on the bridge. The course is now in great shape and ready for our home meet on Sept. 5!

Practice this week:

Our practice schedule until further notice will be:

Mon - Thurs: 6am-7:30am (8th graders will finish by 7:15am)

Fri: 4pm-5:15pm

All practices will take place at the SMHS track pavilion. Please arrive 10 min before morning practice time so that we can start at 6am. School showers will be available for students that are in session (A-Mon/Tues, B-Thurs)

Bob Blastow Meet - Aug 22:

Our first meet is this weekend - we will have both varsity and JV races on Saturday morning at McIntosh Preserve (1046 W McIntosh Cir, Whitesburg, GA 30185). Boys varsity race starts at 7:45am and girls varsity race starts at 8am. For this meet, varsity races will include the top 7 runners, all other runners will be running in the JV races. We are still awaiting times for the JV races, but I will communicate as soon as I receive them.

We will have bus transportation available to and from the meet. Riding the bus is not required, but you must sign up if you plan on riding the bus so we can have an accurate count:

(<https://docs.google.com/spreadsheets/d/1sTocsYDo0Plc8KDqXzR0DVdAv0vebb9PSPPkAcD1L4Y/edit?usp=sharing>).

All bus riders MUST wear a mask at all times - loading, riding, and unloading the bus. The bus will leave SMHS in front of the stadium at 6am, please arrive by 5:50am.

Guidelines for spectators attending meet:

- \$5 entry fee/person
- designated spectator space; spectators are not allowed at the team tent, start line, or finish line
- masks are recommended

Uniforms:

All uniforms that were ordered have been distributed. If you were not able to order a uniform and still need one, contact kmkstevens@sbcglobal.net as soon as possible. There are extra uniforms available for purchase.

Car Magnets!

We are excited to announce we have new car magnets! If you are interested in purchasing a SMHS XC car magnet, you can bring \$5.00 cash or check (made out to FLBC) to coach Rock at practice or at school.

*Sent for the FLBC by
Kelly Anderson*