

## XC UPDATES FOR THE WEEK OF JULY 27

Hi Team. I hope everyone had a great week. Please read the important updates below for this week.

### End of Summer/Start of "Official" Season

It is hard to believe that we are so close to the end of the summer! This coming Saturday, August 1st is our first official day of practice. This means a couple of things:

1. Registration forms will be made available to complete online - a link will be sent very soon.
2. All physicals must be uploaded into PRIVIT (see attached instructions). Physicals are good for one calendar year. If a physical is not on file by Aug. 1, athletes will not be allowed to participate until the physical is uploaded to PRIVIT.

### Practice - Week of July 27:

Practice locations and times are the same this week (M-Thurs and Sat) at Braelinn Rec Center and Friday at ONE Church.

#### Mileage Chart:

9	27-Jul	Braelinn Rec Center	Braelinn Rec Center	Braelinn Rec Center	Braelinn Rec Center	ONE Church	Braelinn Rec Center		
7:30 start	Group 1A	8	8	8	8	5	11	0	48
7:30 start	Group 1B		5.5 Progressive						0
7:30 start	Group 2A	8	8	6	7	5	10	0	44
7:30 start	Group 2B	4	6	6	4	3	7	0	30
7:50 start	Group 3A	6	7	6	7	4	9	0	39
7:50 start	Group 3B	5	6	4	6	3	8	0	32
7:50 start	Group 4A	3	4	4	4	3	5	0	23
7:50 start	Group 4B	3	3.5	3	3.5	2	4	0	19

All groups will finish by 9:15 Monday - Friday. Saturdays will finish around 9:45-10:00. Please be respectful of our coaches' time and pick up your runners on time.

### Shoe Fitting by Fleet Feet:

Our local Fleet Feet, in the Avenue, is opening up their store on Sunday, August 9th to Starr's Mill XC athletes and their parents for shoe fittings and other purchases. They will have individually wrapped snacks and beverages for those who come. Their offer for this event is 10% off your entire ticket, with an additional 10% going back to our program. This discount will apply to parents, as well, if anyone needs new shoes, socks, watches, etc. Time slots are first come, first serve. Sign up on this Google Sheet:

[https://docs.google.com/spreadsheets/d/1KdJA4pph3NGkh9HmPxPzjMiUO3aH1g\\_gvuo1a9TZaPU/edit?usp=s\\_haring](https://docs.google.com/spreadsheets/d/1KdJA4pph3NGkh9HmPxPzjMiUO3aH1g_gvuo1a9TZaPU/edit?usp=s_haring)

**Key Volunteer Position(s) Available:**

Our XC and T&F programs are the proud new owners of a trailer to transport our equipment (tents, benches, tables, etc) that we need for each meet. We now need someone to drive the trailer to and from our meets. Ideally, we want two people to fill this position - a parent of a varsity athlete (top 12 runners) and a parent of a JV athlete (all runners except the top 12). In this way, one parent can pull the trailer to the meet and the other parent can pull the trailer back to the school. Neither parent would be required to be present for the entire meet.

As a key volunteer, each of the two parent volunteers would receive a 50% reduction of the registration fees (50% of \$350 if two parents share this position). Please contact Brooke Clem at [brookeclem@gmail.com](mailto:brookeclem@gmail.com) if interested.

**Opportunity for Runners to Earn \$\$ - not related to XC**

Coach Don's wife needs help at her horse farm (Windy Oaks Farm) washing the fence next week, Tuesday - Saturday from 10am-6pm. You can come any day and anytime, but text coach Don (404-580-6070) a day in advance if planning on coming.

Bring/wear old clothes, 2 baseball hats, and gloves. Buckets, bleach, water, and brushes will be provided.

Pay will be based on sections of fence completed (cleaned).

*Sent for the FLBC by  
Kelly Anderson*