



# Spartan Cross Country Newsletter



September Issue

September 2011

## *Important Dates*

Sept. 5th	No Practice
Sept. 6th & 7th	Practice @ SHS @ 6:30
Sept. 8th	1st day of School. Be ready for practice.
Sept. 9th	Last day to be cleared!
Sept. 10th	Great Cow Run Invite
Sept. 15th	Stamped & Addressed Envelopes Due
Sept. 16th	Woodbridge Invite
Sept. 22nd	Pioneer League Meet #1
Sept. 27th	Student Free Day
Sept. 28th	South Bay Cup

## **In the KNOW**

### **JOG-A-THON FUNDRAISER**

will be on October 25th.

### **RALPH'S FUNDRAISER**

begins September 1st.

### **ENVELOPE FUNDRAISER**

due September 15th.

### **CLEARANCES**

You must be cleared by September 9th or **you will be dropped** from cross country.



## **CONTACTS**

### **CROSS COUNTRY WEBSITE**

[www.southxc.com](http://www.southxc.com)

Check out our website for more information.

### **JOIN US ON FACEBOOK**

South High Cross Country Booster Club

### **BOOSTER CLUB**

If you would like to help with fruit donations, the jog-a-thon etc... please contact:

Terry Nichols at  
[terry@coastchristian.org](mailto:terry@coastchristian.org)

Liz Johnson at  
[lizcornjohn@aol.com](mailto:lizcornjohn@aol.com)

...They are also on Facebook.

## PARENT SUPPORT PAGE

### RALPH'S FUNDRAISER!

Get a copy of the barcode from Coach Shapiro . Scan the barcode with your Ralph's Club Card after September 1st. You only have to scan it once. A percentage will go to our team each time you shop.

### FRUIT DONATIONS

When season starts we need parents to bring fruit to the meets. The athletes appreciate pre-cut & peeled fruit after a tough race. Fruits like oranges, grapes, and melon are perfect. We have about 80 athletes on the team. Drop fruit off at the bus or put it on the team table at the meet.

### OTHER DONATIONS

- ◆ Coolers (to hold the fruit for the meets)
- ◆ Team Banner
- ◆ 10 x 10 Canopy Tent(s)
- ◆ Stationary Bikes

### JOG-A-THON

We can use parent volunteers to help hand out water and stamp hands at each check point for the runners. The check points are along the strand at Redondo and Hermosa Beach. October 25th.

## FUNDRAISING MONEY GOES TOWARDS

1 Coaching Stipend  
 1-2 Canopy Tents—about \$220 each  
 Uniforms—we spend about \$2,500 each year  
 Pizza after League Meets  
 End of the Season Banquet Decorations  
 Magic Mountain Bus  
 Home Meets—\$300 for stickers, outhouses, pins etc...  
 We need stationary bikes for injured athletes (we had 10 and now we have 0)  
 Invitationals—\$300  
 T-Shirts



## ENVELOPE FUNDRAISER

**Students must bring 4 stamped and pre-addressed envelopes to Coach Shapiro by September 15th. Envelopes can be addressed to friends, family, or businesses.**

Place  
Stamp  
Here

South High Cross Country  
 4801 Pacific Coast Highway  
 Torrance, CA 90505

Business Address

