

Welcome to the 2014 Cross Country Season from your CC Booster Board!

Some information to get your season started on the right foot!

Please check the website regularly for coach comments, meet information, special events and much more...

- **CC Website** ***** NEW THIS YEAR on SPORT NGIN *****
 - ❖ Become a member and receive all the important emails!
 1. Go to our site: <http://www.erhsactivities.com/page/show/1148761-cross-country>
 2. At the top left click on "CREATE AN ACCOUNT" and complete the information.
 3. If you already have an NGIN account (also used for things like East Ridge Athletic Assn, Woodbury Soccer Club and other teams), you will need to make sure you ADD East Ridge Athletics to your list of "Sites" by choosing "become a member" and selecting "EastRidge Highschool Athletics"
 4. Send an Email to <mailto:Laura.ness@comcast.net> and let her know that you would like to be added to the distribution list for ER CC.
- **Uniforms**
 - ❖ Singlet (fancy word for the shirt ☺) is provided by the team and returned at the end of the season
 - ❖ Shorts ~ Each runner will purchase their own pair to keep, these are the same as the 2014 Track uniform shorts (YEA!) Rusty from Lids will be at the Under the Lights event selling them.
 - ❖ Remember ~ anything you wear underneath your uniform (such as compression shorts) must be all black!
- **T-Shirt**
 - ❖ The captains have designed the shirt and every runner will get one from the boosters. We will get sizes the first day of practice and order right away
- **Apparel**
 - ❖ We will have an online store set up with St Croix Screenprinting. Warm ups, parent shirts and more will be available to purchase. Consider the option of embroidering your name on your warmups ~ it makes that post race sweats hunt so much easier! Watch for the link soon on the website.
- **Booster Donation \$20 per runner**
 - ❖ We are asking every family to make a donation to support the team. Your booster donations pay for:
 - * Team T-Shirts * Strength & Conditioning coach * Watermelon Run * Under the Lights treats *
 - *Milaca Meet Picnic * Banquet Decorations and Gifts *
 - ❖ Please make checks payable to ER PSO-CC. Don't forget ~ it's a Charitable Deduction!
- **Fundraising**
 - ❖ The **ONLY** fundraiser we do is a team event - we work the **St Paul Triathlon on Sunday August 17th**. Parents and siblings are welcome to help~ we set up, work water stations, guide participants and clean up. It is a great team building event and inspiring to watch the athletes. Proceeds from this event have supported our team with major purchases (like the tent). Watch the website for more detail.

Participation in the booster club and fundraising is voluntary and will not affect any opportunity to run
- **Parent Volunteer Opportunities**
 - ❖ Come to the **Triathlon**, we get a donation for each person who helps
 - ❖ Help with the **Night Under the Lights**; you may get an extra frozen treat!
 - ❖ Help at **Picture Day**, loud voices helpful
 - ❖ Help with the **Watermelon Run** ~ ask any runner, this one is a HUGE hit!
 - ❖ Help with the **Milaca Mega Meet lunch assembly**; long bus ride, lots of races, food's a must
 - ❖ Help with the **Banquet**, come early and get a good seat
 - ❖ Take **Pictures!** You're probably doing it anyway...
 - ❖ Looking for **Scrapbookers**; lots of work, no pay, but grateful parents at the banquet!

	Coach Cronin
	Carolyn Betz
	Debbie Schiferl
	Anne Kenney
	Carolyn Betz
	Mary Slette
	Debbie Schiferl
	Debbie Schiferl
- **Parent Meeting & Volunteer Sign-Up - Bring your checkbook!**
 - ❖ **Wednesday August 20th** is the Night Under the Lights Run ~ East Ridge Track Stadium
 - The team runs a 2 mile time trial on the track and the parents cheer like crazy, we need practice too!
 - Before the run, Coach Cronin will talk about how the season works.
 - Uniform shorts will be available to purchase from Lids.
 - The boosters will have information tables: pay your booster donations, see if you like the crazy people chairing the events and volunteer to help out. We are always looking for new board members, you too can join us for the year end, adult beverage, wrap up meeting!
 - Enjoy frozen treats at the end of the run!