


# WARRIOR NEWSLETTER


WEEK 3, MARCH 16, 2009

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## **BREAKING NEWS...**

 **LAP-A-THON THURSDAY:** Have your athletes bring their donation form to check in at 5:30 on Thursday. When they turn in the form they will receive a lap counting card to wear around their wrist. Each time they lap the track, a parent volunteer will add another tick mark to their card. At the end of the hour check out begins. When the athlete turns in their lap counting card they will receive a ticket for a free dinner. Their choice of a hot dog, chips and drink or pizza and drink; these same options will be available for purchase for \$1 by parents and kids not participating in the lap-a-thon. The following Monday, the athlete will be provided with a copy of their completed donation form reflecting the number of laps they completed, to use in collecting their donations. All money is due April 9<sup>th</sup>. It should be turned into Karen Molster at the table near the finish line during practice.

 **VOLUNTEER UPATE:** Thank you to all the parents who have volunteered for practice. We have had the most parental help ever!

- ❖ We need more parents to sign-up for our meets. These are fun jobs that put you in the middle of all the action.
- ❖ Make sure you continue to sign-up on line to volunteer, even if you have completed your hours. We still need to keep track of which jobs are staffed and which jobs still need volunteers.
- ❖ To sign-up for jobs go to our website at <http://trackeast.scvaa.com>. The volunteer sign-ups are on the right hand side of the home page. Notice that the volunteer jobs are listed under several different links. You can choose practice jobs, which are listed by the week and/or jobs for our meets. Meet jobs are divided into several categories. Please go check out the website for volunteer opportunities!
- ❖ Geni Peterson Henry will be located at the table by the finish line if you need to turn in paperwork or if you have questions. Also you can email her at [gnphenry@aol.com](mailto:gnphenry@aol.com).

## **IMPORTANT DATES**

MARCH 17 (TUESDAY) DEADLINE FOR 50% REFUND FOR REGISTRATION  
MARCH 19 (THURSDAY) LAP-A-THON ~ CHECK THE WEBSITE FOR MORE INFORMATION  
MARCH 24 (TUESDAY) NO PRACTICE TONIGHT ~ TUESDAY PRACTICES HAVE ENDED  
MARCH 28 (SATURDAY) 1ST TRACK MEET: SCE VS. SCTC AT CANYON HIGH SCHOOL  
APRIL 1 (WEDNESDAY) PHOTO NIGHT ~ GREMLIN AND MIDGET ~ COME IN UNIFORM  
APRIL 2 (THURSDAY) PHOTO NIGHT ~ BANTAM, YOUTH AND INTERMEDIATE ~ COME IN UNIFORM

## **NOTES & REMINDERS**

- **GREMLINS:** A parent or adult legal guardian must be in attendance at all practices and meets.
- **ALL ATHLETES** must attend a minimum of 2 practices per week (*acceptable excuses include sickness, homework, vacation, etc.*). Practice **starts** at 6:00pm and **ends** at 7:30pm sharp! Remember not to eat a heavy meal before practice and **hydrate, hydrate, hydrate!**
- For the safety of our athletes, the track and infield are for registered athletes, coaches, and working volunteers. All others should remain outside the chain link fence. *We thank you for your cooperation.*

## **JELLYBEAN VOLUNTEERS**

We need help! In reviewing the signups we realized we have no volunteers to help this week or next. Please log in and sign up to spend the last 10 minutes of the night handing out candy to happy kids!

