

# WARRIOR NEWSLETTER

WEEK 1, MARCH 1, 2010



WELCOME TO THE RUNNING WARRIORS!

## **IMPORTANT DATES**

MARCH 1-4 First Week of practice at Canyon High School 6-7:45

MARCH 6 Canyon High Schools Track Invitational

MARCH 8 Physicals are due



**Practice is Monday thru Thursday for the first three weeks at 6:00pm – 7:45pm**



**Athletes must attend a minimum of 2 practices a week.**

Note: sickness, homework, vacations, etc. are acceptable excuses. Let your coach know !



**Canyon High School Invitational** is Saturday March 6th. If you are interested in learning a fun way to earn back your \$100, come out and get trained on the timing equipment. It's the best seat in the house! Please contact our General Manager Frank Aragon at 818-397-5000



**Uniforms** will be available for those that have not received, before or after practice this week. A parent is required to sign-out for the uniforms



**Lap-A-Thon Fundraiser** is Thursday, March 18. Pledge forms will go home this week and can also be found on the website. This is our only fundraiser that supports funding the team for equipment, trophies, etc. Top 10 fundraisers earn prizes which will be rewarded at our year end picnic. Remember if your child raises \$75 it earns you 1 ticket for our picnic at Hurricane Harbor and \$125 earns 2



**Reminder**, a Parent or guardian of a Gremlin athlete is required to be in attendance



**Are you receiving our one-calls and emails?** If not, email us at [scetrack@hotmail.com](mailto:scetrack@hotmail.com) or call 818-397-5000 and we will fix it.



**Volunteer** : Remember to sign-up ahead of time under our volunteer categories to get your refund and be eligible for the Disneyland Tickets ! For those of you that have signed up for practice, go to our category Disney's Give a Day Get a Day and follow the directions to get your tickets

## **COME TO PRACTICE PREPARED & READY TO RUN**

1. Bring a Water bottle nightly (remember to label ).
2. Do not eat a heavy meal and limit intake of dairy before practice.
3. Wear Running shoes (no cross trainers & spikes are not allowed at practice)
4. Wear shorts and a pair of sweats, snap pants, no jeans.
5. Wear a t-shirt and a sweatshirt.
6. Label all clothing !

## **LAP-A-THON, THURSDAY, 3/18/10, CHECK IN AT 5:30PM**

Donations may be of *any* amount: 5¢, 10¢, \$1.00 a lap, or more! Flat donations are also great. Ask families, friends, teachers, classmates, etc. This is our only fundraiser, so **LET'S MAKE IT COUNT!!** When turning in money, please submit one check per family for the entire amount raised made payable to SCVAA.

## NOTES

- **New Merchandise Orders** will arrive the beginning of the 2<sup>nd</sup> week. Order now as orders will conclude on March 18 Note : most of the athletes wear the under armour under there uniforms, order now ! Merchandise order page has pictures of the samples attached. Sorry no pictures of Under Armour
- **Still need Shoes?** See Flo at Runners Lane 260-3368.



Jellybean/Jolly Rancher donations – one 10 oz. bag (or larger) donation per child is all we ask.