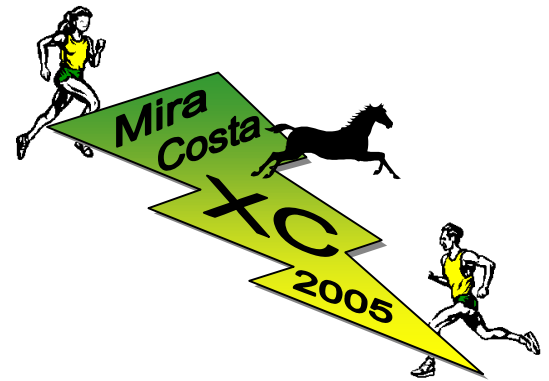


September 8, 2005

Dear Parents,

The ***Cross Country Booster Club*** consists of parents who have an interest in supporting the Cross Country program at Mira Costa and we hope you find this handbook helpful. Meets are great fun and provide a chance to get outside with other parents while cheering for your runner(s).



The MCHS Cross Country program receives a small budget to cover the cost of entry fees to the invitational meets. Parents and the Booster Club cover the cost of uniforms, warm-ups, equipment, end-of-season banquet, home meet expenses, and other activities. The Booster Club also provides organizers and volunteers for the banquet and the Bay League meet at Polliwog Park. Your support of the athletes and the Booster Club is important. Any contribution will be greatly appreciated!

Opportunities to help

- Banquet organizer
- Banquet assistants
- Banquet photo collage creator
- Meet photographers
- Meet water coordinator
- Webmaster
- Course timers and course assistants for home meet at Polliwog Park
- E-scrip coordinator
- e-scrip subscriber
- Sweatshirt order coordinator
- Pre-meet pasta party hosts
- T-shirt sales
- 2006 Board Member

If you would like to assist in any of these areas or if you have suggestions for fundraising, please call or email as soon as possible.

Here's a tip about the invitational meets. These meets involve several schools and can be quite long, usually most of the day. Although these meets usually have snack stands, most parents bring their own water and food. Many also bring folding beach or lawn chairs. For most of these meets, the mornings are very cool but it becomes quite warm as the day progresses. Layered clothing, hats, and sunscreen are recommended. Books, Walkmans, or other activities help with the waiting.

We look forward to a great season, and we'll see you at the meets!

Sincerely,

Deana Giles & Larry Scanlan
Booster Club Co-Presidents