



Welcome to the YLHS Cross Country Team! We are looking forward to an exciting season and are happy to have all of you on our team!

### **Team Website [www.ylhscrosscountry.com](http://www.ylhscrosscountry.com)**

There is a wealth of information on our website. You can enter your email address to subscribe to this website and receive notifications of new posts by email. Please visit our website and look at the Parent's Page menu option to learn all about our program.

### **E-mail Address & Contact Information**

We also send out information via e-mail. If you have not received e-mails from [ylhscboosters@gmail.com](mailto:ylhscboosters@gmail.com), that means we don't have your information. Please e-mail us the following information; we will update your roster information.

Athlete's Name, grade, e-mail address & cell phone number  
Parents Name, home phone, (M)om ;(D)ad cell & Parent's E-mail

### **Parent Help at Our Meets**

We need parent donations and volunteers for EVERY meet. Here is how you can help:

**Food & Gatorade Donations** - We will ask for donations of specific foods and powdered Gatorade for each meet to help our athletes' performance and recovery.

**Cooling Washcloths**- We hand out very cold, damp washcloths to our athletes as soon as they finish the race, which helps them tremendously in their recovery. We will ask for 4 volunteers for each meet, 2 for the first half of the meet and 2 for the last half.

We need all families to sign up for one or more volunteer opportunities to support our athletes. If everyone pitches in this will be a great season.

### **Financial Information**

The Cross Country program at Yorba Linda High School is almost entirely self-supporting. We receive minimal financial support from the school, and so we rely heavily on contributions for such things as invitational entrance fees, off-season coaching stipends, replacing and repairing borrowed uniforms, equipment, and other necessities for our team.

**Parent Contribution** forms can be downloaded from our website and the payment can be mailed to the address on the form. We will provide you with a tax receipt for your donation.

**Sponsorship** – If you own a business or know someone who owns a business, we are always looking for local businesses that would like to help sponsor our program. With any amount donated over \$100 we will post the name of the business on the home page of our website.

### **XC Spirit Wear**

Your Participation Contribution provides a team shirt for your athlete. We do sell XC t-shirts, sweatshirts and socks, and other items to our Mustang supporters. These are great for parents and siblings to wear on race days. If you are interested in ordering the additional clothing, please complete the clothing order form and attach payment.

If you have questions, please feel free to e-mail the Boosters [ylhscboosters@gmail.com](mailto:ylhscboosters@gmail.com)