



2019 MOUNDS VIEW BOYS TRACK AND FIELD



✓ CHECKLIST FOR PARENTS:

- Stay informed on updates and changes with REMIND APP for TEXT UPDATES:
To: 81010 Message: @mvtf2019
- Check out the team website:
<https://www.moundsviewxc.com/>
- Sign up to help at home meets with concessions and track & field events and at carbo loads. Sign up tonight!
We ask that each family takes two shifts during the season.
Link for sign up: Bottom of Home page: volunteer sign up
- Donate to the Booster Club tonight (\$50/family) payable to: MV Boys Track Booster Club or Mail to: Diane Hessini, 3 Bluebird Ln, North Oaks, MN 55127
- Add your contact info to sign-in sheet
- Signature for drug awareness attendance

✓ CHECKLIST FOR BOYS:

- Order optional apparel from Identity Stores: Link will be sent via REMIND APP, and on website. Link closes on March 17th, 2019
- Check out the team website:
<https://www.moundsviewxc.com/>
- Signature for drug awareness attendance (if 1st meeting this year)

STAY INFORMED

- **Remind App** – sign up to receive updates
To: 81010 Message: @mvtf2019
- **Website:** <https://www.moundsviewxc.com/>
go to calendar for all track meet locations and addresses, see photos, get link to Sign-Up Genius for volunteer dates & times
- **Join the Facebook page:** Mounds View Boys Track and Field

SCHEDULE

The schedule can be found on the website under Links - downloads. Meets and team events will also be posted on the website calendar. **Please check the website often for updates. Time saver alert: Click on the lower right of the website calendar: (+Google Calendar) and add all events to YOUR Google calendar!**

BANQUET (MONDAY, JUNE 10 5:30 P.M.)

The banquet is meant for all athletes. Parents and boys, please plan on attending. Invitations will be handed out to athletes and available on the website later in the season.

CARBO LOADS

Carbo loads are meant for ALL athletes. There will be four catered carbo loads held in the MVHS cafeteria after practice, 4/5, 4/17, 5/6, 5/16. Please sign up to bring fruit and/or set up & clean up (or contact Ron Louderback loudermn@gmail.com or 651 202-6007).

The Shutterfly site is for posting and sharing photos and videos, located at the bottom of the team website: <https://www.moundsviewxc.com/>

APPAREL

Purchasing apparel items is completely optional. The apparel store will be open until Sun., March 17th. To place an order, link can be found on the team website.

Uniform top is provided by the school. Shorts can be purchased from Coach Fleming or on your own.

BOOSTER DONATION AND VOLUNTEERING

Booster donations are used for the four catered carbo loads, meet snacks, off-season training, equipment and expenses not covered by district funds, and more. Please give \$50 Cash or check payable to: MV Boys Track Booster Club

DaVanni's Night: Dine on Mon, April 29th 4-8 PM. The team receives 20% of your bill. A team DaVanni's "ticket" should be presented or shown from phone.

Volunteering:

Track and field meets require many volunteers to ensure a successful meet. MV takes pride in the participation we receive from our families. **Please sign up for two volunteer slots to help at our home meets and/or carbo loads. No experience necessary** and you will always be able to see your son compete, Sign up tonight, Sign Up Genius, or contact Diane Hessini dhessini@msn.com or (651)249-6520.