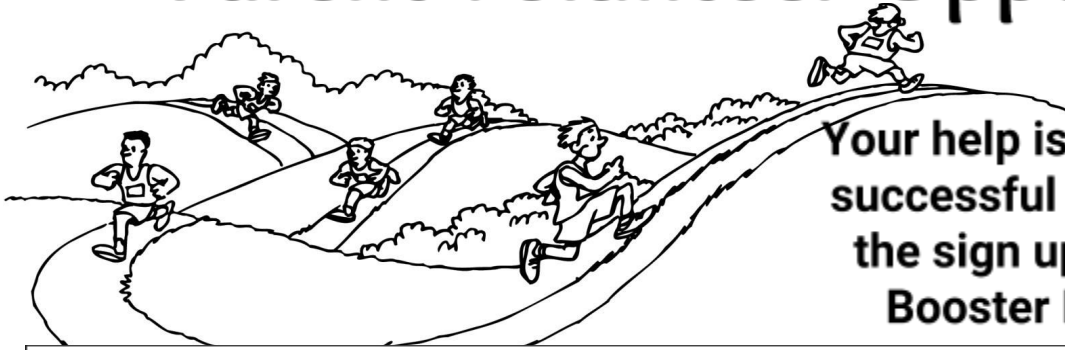


Parent Volunteer Opportunities



Your help is needed for a FUN and successful season! Volunteer on the sign up sheets or with a XC Booster Parent. Thank you!

SPAGHETTI FEEDS

(Dates: Aug 30, Sept 6, 12, 27, Oct 3, 10, 18-state)

HOST FAMILY

Provides the gathering place (home, nearby park, or the LSE Commons, if available) for ALL athletes, checks in with the helpers the day before, and arranges for tables & chairs as needed. A list of helpers with phone numbers will be provided via e-mail to each host family so they can coordinate their meal.

HELPERS

Help set up as needed, donations of: plates, napkins & dinnerware, loaves of garlic bread, crock-pots of WARMED spaghetti sauce, pick up cooked noodles around 5 pm, provide any extra items needed (tables, chairs), stay to help manage the feed if possible.

RUNNERS PLEASE BRING -

A side dish, veggies, fruit, or dessert AND your own beverage.

Your donations & generosity are greatly appreciated!

COLD TOWELS

Pick up towels from the previous parent. Place ice and lots of water in cooler with towels, and hand out to runners at the finish line. Collect towels at SE tent and take home to wash and fold. Arrange delivery to the next parent. These are loved on really hot days!

POPSICLES FOR MEETS

Provide simple flavored popsicles for runners after the meet. Bring your cooler of iced popsicles to the SE tent. Three parents need to bring 3-4 dozen popsicles a piece.

PHOTOGRAPHER

Take photos of all runners throughout the season. Put together a video or pamphlet of pictures for the banquet.

END OF THE YEAR BANQUET

Assist with planning, decorations, set up and clean up at banquet.

*FOR MORE INFORMATION CONTACT -

Suz Heller 402-770-8130