

2009 LSHS Cougar Cross Country Parent Volunteer Opportunities:

In our 4 years of Cougar CC we have had unbelievable support from our wonderful families! Our coaches and athletes thank you in advance for your help and time. Please look over the following and check any that you would be willing to help with.

Host a pasta dinner at your house for the athletes before a race: ALL 6-12th grade runners welcome!

- _____ Thursday, September 3rd before Dakota Cty. Meet
- _____ Friday, September 11th before Hopkins Invite
- _____ Wednesday, September 16th before Lakeville North Invite
- _____ Friday, September 25th before Eagle Invite
- _____ Monday, October 5th before Victoria Lions Meet
- _____ Monday, October 19th before Lake Conference Meet
- _____ Wednesday, October 28nd before Section 1AA Meet

Help a pasta dinner host by bringing food and helping serve: ALL 6-12th grade runners welcome!

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Bring bagels and juice to a Saturday morning practice (JV+Varsity)

- _____ August 22 @ Kenwood
- _____ August 29 @ Kenwood
- _____ September 5 @ Kenwood
- _____ September 19 @ Kenwood
- _____ October 3 @ Kenwood
- _____ October 10 @ Kenwood
- _____ October 15th (MEA-Break) location TBA
- _____ October 16th (MEA-Break) location TBA
- _____ October 24 @ Kenwood

_____ **Compile digital photos or video and create a slideshow/movie for our CC Awards Banquet**

_____ **Coordinate workers for winter season concessions**

_____ **Help by working at a winter concession event**

_____ **Set up food and decorate for CC Awards Banquet at end of season**

_____ **Create other opportunities for the team to get together...bonfire, pool party, bowling etc.**

THANK YOU!!!!

A coach or parent will contact you with more information on the items you signed up to help with.

Contact Information:

Parent Names: _____ Athlete Name: _____

Home and Cell Phone Numbers: _____

Email: _____