

How to Support & Stay Connected:

Find us on social media:

Instagram: @sheldontfxc

Like us on Facebook: @Sheldontf

Twitter: @sheldonTFXC

Webpage: www.sheldontfxc.org

Meet Results: www.athletic.net

Ways to Support the Team:

- **Support the 42nd Annual of the “Run for the Shamrock”. Help us recruit runners & walker for the run. The event will be held March 9th at 9:30 a.m. at Alton Baker Park-All Athletes are asked to get at least (2) participants or 2 donations in the amount of \$25.00**
- **Donate prizes for the run-The Shamrock run has a Raffle drawing for its participants, if you have ideas for prizes contact Coach Erin**
- **Provide 10 emails for an online fundraising campaign**
- **Provide team snacks for away meets (water, Gatorade, granola bars, fruit, etc)-Contact Coach Erin**
- **Volunteer at Team Pasta dinners**

Team communication: Head Coach & Parent Liaison will send out weekly emails about the season. Parents, please provide your email address. Athletes are signed up for the “Remind Me” app. for text team reminders.