

From: Conestoga Track Field Booster Club
To: Parents
Sent: March 9, 2025
Subject: WELCOME TO SPRING TRACK - UNIFORM SALES TOMORROW

Welcome to the Conestoga Track & Field Spring Season. I am Bridget Burns~Walsh, T&F Booster Club President & Mom to Junior Sprinter, Finnegan Walsh. This is our first official email of the season & it is packed with information & dates as well as informative flyers (attached).

The Booster Club would like to CONGRATULATE your Athlete on making the T&F Team & Welcome your families to the [Conestoga T&F Booster Club!](#)

T&F INFO:

· We have a [Team Website](#) your go-to for [email communication](#) (that email you can't find), MEET DATES & info, fundraisers & so much more.

○ Thank you to Emily Wang our Booster Club Webmaster (Henry Pei, 2026)

· Our Booster Club is made up of PARENT/GUARDIAN VOLUNTEERS. Our club is only as good as we make it.

· The following opportunities are open & need your support for the 2025 Season

○ [2025 spring volunteer sign up](#)

◦ [Senior Night 2025 - Need parent volunteers from all years including 2025](#)

◦ THANK YOU FOR Tracy Przybylowski (Casimir 2028) & Kate Walker (Owen 2025) for taking the Lead to make Senior Night Memorable!

· Stay up to date with our Social Media [Facebook](#) & [Instagram](#) - [SOCIAL MEDIA BOOSTER CLUB LEAD NEEDED](#)

· Get your Official T&F Gear on our [Team Store](#). This is a huge source of our fundraising as the Booster Club profits from each sale!

· Questions contact: Bridget Burns-Walsh or the head T&F Coach Alex Foulke.

· The Track & Field team includes: Distance, Sprinting, Throws, Vaults & Jumps. We have two seasons: Winter & Spring.

◦ Learn more about our [T&F Coaches](#) on the website.

UNIFORMS: ON SALE TOMORROW, MONDAY 3/10 & TUESDAY 3/11
AFTER PRACTICE ON THE TRACK

- [\\$30 each](#) CASH ONLY - T&F CAR MAGNETS WILL BE AVAILABLE AS WELL \$10 EACH CASH ONLY
- T&F Athletes purchase their Uniforms. We have limited stock available for immediate purchase,
- If you need a uniform please purchase it on Monday or Tuesday of this week.
- Uniforms are the same as last year. XC & Track wear the same uniforms.
- Throws has a shirt-style uniform, and Distance, Jumps & Sprints wear a singlet.
- Black bottoms complete the uniform, Coaches will explain to athletes what is needed based on their team.
- Thank you Heather Guerin (Natalie Guerin/Distance 2027) for stepping up as Uniform Lead for the Booster Club & Abby Dogum & Marisa Kogan for helping this week.

FUNDRAISING

THIS TUESDAY 3/11 ~ ROAD RUNNER GEAR UP NIGHT

- GET THE FITTED FOR THE PROPER FOOTWEAR & SUPPORT THE BOOSTER CLUB
- **The week of 3/11/25 - [Road Runner in King of Prussia](#).**
- **10%** that night on all the gear you need for a great season! The Booster Club receives 10% of all sales!
- An amazing **VIP program** that saves you \$ on your purchases while building points for future purchases. Toss in THE BEST return policy if you keep your shoe box!
- **Spread the news on Social Media Flyer Attached &** Learn why the perfect fitting shoe makes a difference **<https://youtu.be/M4x0JIBKrK8>**

BOOSTER DUES - Click here to pay your dues.

- The Booster Club is a self-funded club created to support the Coaches & your Athletes for a successful season!
- **SPRING Booster Club Fees are due by March 31st.** Dues are for all Athletes JV & Varsity. **[PAYPAL BOOSTER DUES](#)**
- **Cost is \$75 per athlete, 2 or more athletes \$125 per family.**
 - The Spring Gift for Paid Dues is a Stoga Water Bottle (see attached).
 - Gifts will be available for pick up at each Pasta Night. There will be a marked table at the front of the cafeteria for the athletes with paid dues to pick up.
- How to pay your Dues: Click here for the **[Paypal link](#)**, YOU MUST **SELECT** send to a friend or funds will be refused & you will need to resubmit. **[Paypal @StogaXCTF](#)**

Why are Booster Fees Important?

- The **Booster Club** purchases healthy snacks for all the meets, we host a Team Pizza night each season, and purchase team equipment, T-shirts, Senior Night, special event treats, athlete awards, coaches gifts & so much more!

- **SNACKS & PIZZA NIGHTS:** We always try to respectfully recognize food allergies or preference for gluten & nut allergies as well as vegans.

- **PLEASE COMPLETE THE FORM IF YOUR ATHLETE HAS A FOOD ALLERGY** <https://forms.gle/FzGGZfurCHbExvwx6>

- If you completed this for the Winter Season you do not need to update.

- Our **Booster Club Funding** depends on the paid athlete dues & our T&F Community support of the fundraising efforts to make each Season Memorable.

- If your athlete is a **Senior** we want to ensure they are honored at **SR Night & the Banquet** with gifts so please make sure your dues have been paid.

- If you have financial concerns and can not meet the \$75 dues per athlete/\$125 per family, confidentially contact **Coach Foulke**.

COMMUNITY

PASTA NIGHTS - PASTA NIGHT DATES 3/17, 4/7, 4/30

- Pasta Nights are held in the CHS Cafeteria.
- Starting around 4:45 pm & ending around 6:15 PM. Pickup at CHS front entrance.
- **This is a community effort, we ask each T&F Family to donate at least once to a Team Pasta Night this season if they plan to attend.**

- Thank you to our Booster Pasta Night Lead & Booster Club VP, Stephanie Crill for organizing the Pasta Dinners! (Sarah Crill/Distance 2027).

COMMUNITY SERVICE - Sneaker Recycling - [GOTSNEAKERS](#):

- Junior Sprinter Finnegan Walsh, Co-Founded launched a CHS Community Service Club in 2022, [GOT SNEAKERS](#). Throwers Nandan Mothe (2026) & Ian Shapiro (2026) have joined the project this year to support **CHS GOTSNEAKERS**
- [CHS GOTSNEAKERS](#) hosts collection boxes in all the TE Schools within the District! **Collecting over 1,500 sneakers since 2020.**
- [GOTSNEAKERS](#), makes it socially & financially rewarding to contribute to a circular economy. Sneaker Recycling makes a global impact, saving landfills while helping those in need.
- Every pair of lightly used or new sneakers recycled earns between \$.50 - \$7 per pair! **The funds raised are donated to the T&F Booster Club!**
- [GOTSNEAKERS](#) collection box will be available at EVERY Pasta Night AT THE CHS CAFETERIA ENTRANCE.

TRACK MEETS & ATHLETE PERFORMANCE STATS:

- Meet info & Dates attached below. Note estimated Event time frames.
- All info can also be found on our website. www.conestogaxctf.com
- [Milesplit](#): A great way to help your athlete track their results & manage their goals & objectives. Allowing them to know their stats & where they are competitive with other teams.
- [Athletic.net](#): Rankings for athletes to see where they stand in Stoga History!

◦ [CHECK OUT OUR ALL-TIME TOP 10 RECORDS](#)

- New T&F Athletes will show up on Milesplit after their first competition with results.
- Per Coach Foulke & the Coaching Staff **STOGA T&F athletes are not permitted to run marathons or enter competitions outside the STOGA Spring Meets during the Season.**

PAPARAZZI: T&F Google Drive

- Let's get candid, parents need to take those shots at the meets, on the sidelines & the pasta dinners you attend!
- Upload your pictures to the [T&F Google Drive](#) after the meets.
- All pictures are linked directly to the **XCTF website** & will be used for the End of Season Banquet and our Website!

IMPORTANT DATES

- **March 10th** - First Official Day of Spring Practice - all teams meet on the STOGA Track
- **March 10th & 11th** - **UNIFORM TABLE SALE after practice on the Track - \$30 CASH**
- **March 11th** - ROAD RUNNER TEAM NIGHT King of Prussia - Athlete Discounts & Prizes, Snacks served Coaches have been known to join the fun!
- **March 17th** - Pasta Night - Athletes with paid dues will receive Stoga Water Bottles - **STOGA CAFETERIA**
- **March 24th** - Team Treat Day after practice on the Track **(Thank you Kate Walker / Booster Club Team Treats Lead)**
- **March 26** - **CAL MEET #1**
- **March 30th** - **SPRING Booster Club Fees due**
- **April 2nd** - **CAL MEET #2**
- **April 5th** - **Plymouth Whitemarsh Invitational**
- **April 7th** - **Pasta Night**

- April 9th - CAL MEET #3
- April 12th - Coatesville Invitational
- April 21st - Team Treat Day after practice on the Track
- April 24th - 26th - Penn Relays
- April 25th - Upper Darby Invitational
- April 30th - SENIOR NIGHT on STOGA TRACK
- May 3rd - Lower Merion Invitational
- May 7th - Central League Champs
- May 16th & May 17th - PIAA DISTRICT 1 Champs
- May 20th - TEAM BANQUET - ARONIMINK COUNTRY CLUB
- May 23rd & 24th - PIAA STATE CHAMPS

Looking forward to a successful Spring Season! GO PIONEERS

Bridget Burns~Walsh

[Stay Connected Track & Field Website](#) & [Team Store](#)

