

From	Conestoga Track Field Booster Club
To	Parents
Sent	11-24-2025
Subject	Conestoga Indoor Track & Field- Important Info

Hello Parents!

Welcome to the Conestoga Indoor Track & Field season. Congratulations to your athletes on making the T&F team this season! We are Rachel Ryan and Stephanie Crill - the Track & Field Booster Club Co-Presidents this year. As we begin the season, we would like to send out a few important reminders/dates.

General Info:

- We have a [Team Website](#) where you will find lots of information including meet dates, team spiritwear store, fundraisers & so much more. Thank you to our webmaster, Emily Wang for keeping this updated.
- 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.
- 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!

Uniform Sales Info:

- Athletes purchase their own uniforms. If your athlete doesn't already have a singlet from XC or from track last year, they can purchase one from the Booster Club right outside of the track on **Dec. 2nd & 3rd, from 4-4:30PM. Cost is \$30 Cash.**
- Throws has a shirt style uniform, 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 for stepping up as Uniform Lead for the Booster Club.

Booster Dues:

- The Booster Club is a self funded club created to support the Coaches & athletes each season. Booster dues help pay for snacks for athletes at the meets, Team Pizza night each season, team equipment, t-shirts, Senior Night, athlete awards, coaches gifts & much more!
 - **We kindly ask that each athlete contributes \$75 to the Booster Club for the Winter**
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season (\$125 if you have more than one athlete on the team) by December 31st.

· Ways to pay:

○ **Venmo-** Account name is **@Stogaxctf** . Last 4 digits for confirmation are 3059.

○ **Paypal @StogaXCTF** . You must select "Friends & Family" as your payment type

○ **Zelle-** account name is **CHSTF Booster club** (xctftreas@gmail.com)

○ **Send a check payable to CHS XCTF** and mail to Karen Honey, 585 Upper Weadley Road, Wayne, PA 19087

· If you have financial concerns that do not allow you to meet the \$75 dues per athlete/\$125 per family, confidentially contact **Coach Foulke**.

Other Important Dates to make note of:

· Spike Night @ Road Runner Sports, Monday 12/8. More details to come!

· First Pasta Night in CHS cafeteria, Monday, 12/15, SignUp genius will be sent soon.

Thank you all for your support and we are looking forward to a great season! If you have any questions contact **Stephanie Crill & Rachel Ryan** or the head T&F **Coach Alex Foulke**.

-Rachel & Stephanie



[Conestoga Track & Field](#)

[Team Store](#)

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