

Dear OPHS Cross Country families:

August 25, 2014

Welcome to 2014 OPHS Cross Country! This will be a fun, challenging and memorable season for all as we now join the Coastal Canyon League. We are very fortunate to have a group of talented athletes who bring their skills, teamwork and positive attitude to practice each and every day. We have an exceptional team of talented, dedicated and committed coaches who work tirelessly with them to face the challenges and successes throughout the season.

We also need you to be a vital participant of this team. Please see the next page about volunteering and then go to <http://www.signupgenius.com/go/30E0B44A4AC2BA64-2014> and sign up to volunteer.

In preparing for the upcoming season, the coaching staff has identified a few equipment needs that do not fit into the athletic budget provided by the school district and so we are asking for a \$40 donation from each athlete. The funds collected will be used to help with our team’s “wish list” for the season:

- Replace pop-up tents
- Replace water coolers
- Offset some costs for team meets, dinners, invitational, banquet and coaches gifts

If you have any questions, please feel free to contact Stephanie Duerfeldt at sduerfeldt@sbcglobal.net.

Thank you in advance for your support and we look forward to a great season!
OPHS Cross Country coaches

This donation is tax deductible and qualifies for corporate matching (tax id# 02-0597458)

2014 OPHS Cross Country Donation Request Form

Student Name: _____

Parent email address: _____

→ I would like to contribute \$40 per athlete (\$40 x _____)	\$ _____
→ I would like to contribute an alternative/additional amount of _____	_____
Total donation	\$ _____

Please make check payable to “OPHS Cross Country” and give it to Coach Kim Hoerman or Coach Calce at practice by September 19th

Any request for supplies or donations toward the purchase of supplies, materials, equipment, field trips, programs, etc. is completely voluntary under the law in California public schools. Students may not be charged for participation in educational activities and may not be discriminated against or denied participation for not providing voluntary donations to the school. Should any student or parent believe they were impermissibly charged a fee or required to provide materials or supplies that they would not have otherwise voluntarily paid or provided, an application for reimbursement may be filed with the District by calling (818) 735-3206.

Volunteering for OPHS Cross Country home meets and events

Volunteering

For those of you new to cross country, welcome to Oak Park cross country. There are plenty of opportunities for you to get involved with the program by helping out at meets, helping with team dinners, helping at the end of season banquet, donating items or just cheering our athletes.

We kick-off our season with a Saturday event at the high school. It is our annual Pancake time trial and breakfast fundraiser. At the pancake breakfast you will have an opportunity to meet other cross country parents, order spirit wear and/or volunteer to help out.

We also have 2 home track meets at Oak Canyon Park with a team dinner at the park following each of those meets. Those meets and dinners are on **September 10 and October 16**.

Each of our home meets requires about 35 volunteers and the Saturday Pancake event needs about 20 volunteers. We also need volunteers to help with the year end banquet, etc.

This year we are using “MySignUpGenius” to make it easier to coordinate our volunteer efforts. Please go to <http://www.signupgenius.com/go/30E0B44A4AC2BA64-2014> and sign up to volunteer.

<u>Volunteer coordinator for:</u>	<u>Contact</u>	<u>Email address</u>
Coach/Admin	Kim Hoerman	khoerman@oakparkusd.org
Meets & spiritwear	Stephanie Duerfeldt	sduerfeldt@sbcglobal.net
General	Susie Harris	susie4redoak@aol.com
Pancake and concessions	Chris Wulf	cmwulf@sbcglobal.net
	Lisa Ramirez	dlnlramirez@sbcglobal.net
Uniforms	Wendy Specker	wendyspecker@hotmail.com
	Stacey Garfinkel	stacey.garfinkel@gmail.com
Restaurant Nights	TBD	
Banquet	Wendy Specker	wendyspecker@hotmail.com
	Ronda Trower	rttrower@aol.com

Clarification regarding the Cross Country Schedule

With the exception of a few meets described below, the entire cross country team will attend all of the meets listed on the schedule; beginning with the Pancake Race on Saturday August 30th and ending with the League Finals on Thursday Nov 6th.

There is an out-of-town Invitational meet in Clovis, CA on Oct 10-11 which will be attending by only part of the team. Additionally, only certain “varsity” athletes will be participating in the CIF meets that begin on Saturday, Nov 15.

OPHS Cross Country 2014 Uniform Order Form

Name: _____

Phone Number: _____

Race Uniforms: one top/bottom pair required**

	<u>(circle size)</u>	<u>Cost</u>	<u>Amount</u>
Boys:			
Boys singlet	S M L XL	\$22	_____
Unisex/Boys shorts	S M L XL	\$22	_____
Girls*:			
Girls spandex top	S M L	\$22	_____
Girls spandex shorts	S M L	\$22	_____
Girls singlet	S M L XL	\$22	_____
Unisex/Boys shorts	S M L XL	\$22	_____

* Note: girls have the option of purchasing spandex tops or bottoms OR a girls singlet (top) or unisex shorts, or any combination

** Last years track or cross country uniforms are ok

Optional spirit wear is also available for Athletes and Parents (see separate form)

Amount due from optional spiritwear form _____

Grand total \$ _____
Payable to **OPHS Cross Country**

Please bring your check and this form to either the student store
OR give it to Coach Kim Hoerman at cross country practice
by Tuesday, September 2, 2014

Uniform distribution is tentatively scheduled for Wed 9/3 at the beginning of practice
Athletes will also get a "team t-shirt/meet shirt" on this day

Questions? Contact Wendy Specker at wendyspecker@hotmail.com or 330-814-1083
OR Stacey Garfinkel at stacey.garfinkel@gmail.com

OAK PARK CROSS COUNTRY ORDER FORM

CUSTOM DESIGNS BY



805.777.4880 • CRSGEAR.COM

**ALL ORDERS DUE
NO LATER THAN
SEPTEMBER 7TH**



**FOR YOUR CONVENIENCE
ALL PRICES INCLUDE
SALES TAX.**

1 UNISEX SIGNATURE TEE

Available in Black,
Heather Gray, or
White with OPXC
Design



	S	M	L	XL	XXL	
Black	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H. Gray	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						\$19 x _____ = _____
						Total _____

2 LADIES RIBBED TANK

Available in Black,
or White with OPXC
Design

runs small



	S	M	L	XL	XXL	
Black	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						\$24 x _____ = _____
						Total _____

3 LADIES MINI STRIPE TANK

Available in Black/
White with OPXC
Design



	XS	S	M	L	XL	XXL	
Ladies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
							\$24 x _____ = _____
							Total _____

4 UNISEX MINI STRIPE LONG SLEEVE

Available in Black
Stripe with OPXC
Vertical Design



	S	M	L	XL	XXL	
Adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						\$32 x _____ = _____
						Total _____

5 UNISEX THERMAL LONG SLEEVE

Available in Black,
with Eagle Design



	S	M	L	XL	XXL	
Adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						\$27 x _____ = _____
						Total _____

6 UNISEX FLANNEL PJ PANTS

Available in Black/
White with OPXC
Vertical Design

*will shrink
up to a size*



	S	M	L	XL	XXL	
Adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						\$32 x _____ = _____
						Total _____

7 UNISEX ELASTIC BOTTOM SWEATPANTS WITH POCKETS

Available in Black,
with OPXC Vertical
Design



	S	M	L	XL	XXL	
Adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						\$32 x _____ = _____
						Total _____

**Pay By Credit Card
Visit our Online Store
at www.frsgear.com
and click on the
online store tab**

CALCULATION GRID

Item	XS-XL	2XL-3XL
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
GRAND TOTAL		

PLEASE DOUBLE CHECK YOUR ORDER FORM - ALL SALES ARE FINAL. NO REFUNDS OR EXCHANGES.

Name _____

E-Mail _____ Phone: H () _____ Phone: C () _____

Questions? Contact Stephanie at sduerfeldt@sbcglobal.net Make Checks Payable To: OPHS ABC

Size charts available online at www.FRSgear.com/size-charts.html

OAK PARK CROSS COUNTRY ORDER FORM

CUSTOM DESIGNS BY



805.777.4880 • CRSGEAR.COM

ALL ORDERS DUE NO LATER THAN SEPTEMBER 7TH



OAK PARK CROSS COUNTRY

FOR YOUR CONVENIENCE ALL PRICES INCLUDE SALES TAX.

8 UNISEX PULLOVER HOODIE

Black with Tackle Twill Oak Park and Sleeve Personalization



Adult S M L XL XXL

\$45 x _____ = Total \$48 x _____ = Total

NAME: _____

9 UNISEX ZIP-UP HOODIE

Black with OPXC Design



Adult S M L XL XXL

\$40 x _____ = Total \$42 x _____ = Total

10 UNISEX PERFORMANCE JACKET

Black 1/4 Zip Jacket with Embroidered Logo



Adult S M L XL XXL

\$50 x _____ = Total \$52 x _____ = Total

11 LADIES PERFORMANCE JACKET

Black 1/4 Zip Jacket with Thumbholes and Embroidered Logo



Ladies XS S M L XL XXL

\$50 x _____ = Total \$52 x _____ = Total

12 ECONOMY DUFFLE

Black with Oak Park Embroidery and Personalization



\$35 x _____ = Total

NAME: _____

13 LARGE TOURNAMENT DUFFLE

Black/Vegas Gold with Oak Park Embroidery and Personalization



\$55 x _____ = Total

NAME: _____

14 UNSTRUCTURED ADJUSTABLE HAT

Available in Black or White with Embroidered Logo



Black White

\$25 x _____ = Total

15 STRUCTURED FLEXFIT HAT

Available in Black with Embroidered Logo



S/M L/XL

\$25 x _____ = Total

CALCULATION GRID

Item	XS-XL	2XL-3XL
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
GRAND TOTAL		

PLEASE DOUBLE CHECK YOUR ORDER FORM - ALL SALES ARE FINAL. NO REFUNDS OR EXCHANGES.

Name _____

E-Mail _____ Phone: H () _____ Phone: C () _____

Questions? Contact Stephanie at sduerfeldt@sbcglobal.net Make Checks Payable To: OPHS ABC
Or order online at www.frsgea.com. Click on the Online Store tab to find our web store.

Size charts available online at www.FRSgear.com