

Montrose Cross Country - Team Handbook

Fundraising

- **\$283.00 is our current MHS XC budget. This amount is used, and even more, for our first meet of the season.**
- **Each athlete should raise enough money to support their season. By fundraising the money enables you to pay for everything during your season. If you choose not to fundraise the requested amount, you cause others to raise more than their part and or we cut items like t-shirts, lunch, dinner, etc.**
- **Fundraising is a necessary part of being on the team.**
- **To see the current amount being requested and the information on Peach Sales please locate the “Fundraising Folder”.**
- **How much money do we need?**
 - **On average, we need to raise \$150.00 per athlete.**
- **What is the money used for?**
 - **T-shirts: short and long sleeve**
 - **Meals: We like to purchase all meals when we travel. If money runs out, we stop eating in restaurants as a team and have the athletes eat at “fast food” establishments. Athletes will pay for their own meal or bring food from home.**
 - **Entry Fees: Most entry fees are between \$75 and \$150 each.**
 - **Power Snacks: After interval workouts, we feed the athletes a snack to help their bodies rebuild energy levels for the next day.**
 - **Awards: We give a variety of awards at the end of the season. (4 and 3 year letter winners, top 25 runners, seniors, State Qualifiers, etc.)**
 - **Overnight meets: We estimate, at minimum 9 – 10 rooms, at the cost of approximately \$1000.00 for each night.**
- **How do we raise the money needed for the season?**
 - **Local Produce (Peaches)**
 - **Donations (Athlete may choose to donate the requested amount)**
 - **Restaurant Promotional (Qdoba has worked well with the MHS XC team)**