



Gentle Reminders

THANK YOU FOR HELPING US BE

WILDCATS

by being consistent with our

UNIFORM POLICY



PANTS, SHORTS & SKIRTS KHAKI OR NAVY

- ✓ Non-athletic - no logos
(includes Nike swoosh, Champion, Under Armour)
- ✓ Straight leg - no gathered to cuffed ankle at the bottom
- ✓ No cargo pants



NO LOGOS



NIKE



CHAMPION



UNDER ARMOUR

✓ STRAIGHT LEG



CUFFED ANKLE



✗ NO CARGO PANTS



OPTIONAL GIRLS ITEMS



NAVY PLAID JUMPER



NAVY OR KHAKI JUMPER



NAVY POLO DRESS

- ✓ Solid navy or solid black leggings are allowed under dresses. Leggings are not allowed as stand alone pants.



SHORTS & SKIRTS LENGTH

Must be at or below between the knee and hip.

HIP

KNEE



POLOS & TOPS WHITE OR NAVY POLOS

Polo shirts must be worn under our crewneck and 1/4 zip.



Thank you for partnering with us to help our Wildcats look their best and focus on what matters most—
FAITH, SCHOLARSHIP, KINDNESS, SERVICE.

Accountability for Education Savings Accounts

There is interest in accountability for Education Savings Accounts. The ICC estimates the state spent about \$330 million on ESAs during the past school year, or a little less than 4% of government spending on public schools. ESAs can be used for tuition at an accredited nonpublic school or other limited expenses. Public school districts collect about \$1,600 for each student who receives an ESA.

Some safeguards in the program:

- The Department of Education verifies the eligibility of each child to ensure compliance and prevent fraud. The Department may also audit or review the program.
- As many of you are aware from experience, money in the ESA program is never deposited into parents' personal bank accounts, nor do they handle cash or receive checks. It is placed into a digital wallet controlled and administered by a third-party program manager named Odyssey.
- The parent initiates or approves transactions through the Odyssey Portal or app. However, the money moves completely inside Odyssey's closed financial system. The program strictly prohibits cash reimbursements. If a transaction happens outside of Odyssey's system, it is entirely ineligible for funding.
- If there are leftover funds after tuition is fully cleared, parents can spend the remaining balance on other approved educational items (like textbooks, tutoring, or laptops). However, these can only be bought through pre-approved businesses inside the digital Odyssey Marketplace.
- What is strictly ineligible? Things like everyday school supplies, lifestyle items, cell phones, smartwatches, video game consoles, backpacks, school uniforms, shoes, athletic clothes or gear, school lunches, transportation costs, summer or sports camps.
- Unused funds carry over from year to year as long as the student is enrolled. However, once the student graduates from high school or turns 20 years old, any remaining money is returned to the state General Fund.
- If a nonpublic school does not adhere to everything necessary to be accredited, the accreditors will pull the plug on them. That means they are a school whose students are no longer eligible to receive ESA funds. In fact, this has happened.



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Cross Country

Solar Powered Cross Country Club is available for youth athletes K-6th in the Charles City and surrounding areas. This program is designed to prepare young runners for Cross Country in a fun and encouraging environment. Individuals will be placed into running groups based on age and fitness levels as we work on increasing fitness while focusing on proper running form.

Club Info:

- Dates: September 8th – October 25th
 - *For athletes wanting to participate at the USATF State Championship, we will continue to offer training to those participants through November 1st.*
- Club admission is \$45.
 - This will cover the costs associated with registering our club with USATF, club insurance, meet hosting expenses, as well as any other administration or facility expenses.
 - Covers your child's admittance to our Solar Powered sponsored meet.
 - Includes a Solar Powered branded t-shirt
- Practice:
 - Mondays [starting 9/21]: 5:15-6:00 @ Kate McLeod Park **(3rd grade +)**
 - Tuesday & Thursdays 5:15-6:15 from varied locations **(All ages)**
 - We may offer some Sunday fun run / trail run dates when coaching staff is available and depending on the cross country meet schedule.
 - Our first practice will be held at 5:15 on September 8th behind Washington School. We will have a quick parent / athlete meeting prior to the start of this practice.
 - Athletes should come ready for practice, dress according to weather conditions, and bring water! Bathrooms are limited or non-existent at some practice locations, so plan accordingly
 - **Inclement Weather Policy:** We will attempt to post weather cancellations via TeamReach one hour before practice when possible. Practice will be stopped if there is heavy rain and/or lightning in the immediate area.
- Meets:
 - Parents will be responsible for getting their athletes to and from the meets.
 - Most meets follow a rolling schedule, meaning that each event will start immediately after the previous event was completed. We encourage all runners to stay for the full meet to cheer on their team!
 - Meet Entry Fees – These will be paid as you go if your child decides to compete in any meets outside of our team hosted meet on October 11th. Athlete and spectator fees are typically \$5.
 - USATF Membership Fee \$35 (+\$3.88 processing fee) - **Optional, required if your athlete participates in USATF Championship meets.**
 - This will cover the 2026 calendar year and will not need to be re-purchased if your child participated in any 2026 Track & Field USATF meets.

2026 Meet Schedule

September 20 – Hilltoppers, Cedar Falls
September 20 - Iowa Flyers, Ames
September 27- CRTC, Cedar Rapids
October 3 – JRC, Johnston
October 11 – SPXC, Rockford
October 19 – AAU District, TBD
October 17 – Waukee Track Club, Waukee
November 1 – USATF Iowa, TBD
December 6 – AAU National, Knoxville, TN
December 12 – USATF Nationals, Lafayette, LA

Athletes run varying distances depending on their age.
Age is determined as of age on 12/31 of current year

- 8&U: 2000 meters (2k) – 1.24 miles
- 9-10, 11-12: 3000 meters (3k) – 1.86 miles
- 13-14: 4000 meters (4k) – 2.49 miles
- 15-16, 17-18: 5000 meters (5k) – 3.11

REGISTRATION: Register through the charles city YMCA by **Sunday, September 6th**
<https://charlesfamilyymca.activityreg.com>

For questions - Please contact Jessi Mahnesmith-Rippentrop (641) 220-1363 or Brittany Redmond (641) 330-3206



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

1st – 2nd GRADE FLAG FOOTBALL

The YMCA will be offering 1st --2nd grade flag football this Fall. This program is for boys and girls. Fundamentals will be taught and games will be played. Everyone will get to participate and FUN comes first. Flag football will be held on

THURSDAYS from 6:00-7:00pm.

Program will be held at the College Grounds.

*Comet FB players will be coaches this year.

We will still need some parents to help out.

The commitment is just Thursdays 6-7pm

Days: (5 Thursdays) Sept 10, 17, 24, Oct 1, 8

Time: 6:00-7:00pm

Location: College Grounds

Cost: \$15 for members & \$25 for non members (Fee includes T-shirt)

Registration: Going on now at the YMCA or online at
charlescityymca.com

*If registering online, click the "Activity registration" button on the top right of the main page

