

## **Cross Country 2019 Sign-Up (Grades 6th-8th)**

Any student in grades 6th-8th (boys and girls) who are interested in joining the Cross Country team for next fall may now sign up. Cross Country meets will begin in September.



You will be contacted prior to the start of the season by the coach regarding practice and & meet schedules.

All students must have a CURRENT PHYSICAL on file in the nurse's office before they can participate. Uniforms will be ordered via BSN. We will be sending you more information regarding uniforms and the ordering process once we receive your child's sign-up sheet. Uniforms will be yours to keep.

Please send in this completed form, along with the \$20.00 Athletic fee/runner (checks made payable to: St. Mary's Elementary School) to SME office, Attn: Dan Johnson.

Checks will not be cashed until a team has been established.

***Registration form & payment are due Friday, June 21st, 2019***

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If interested in helping to coach the team, please fill out the following information:

Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

Email : \_\_\_\_\_

I am current with my VIRTUS training and bulletins.      Yes    or    No  
I am CPR/First aid certified                                      Yes    or    No

Student Name: \_\_\_\_\_ Grade \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

HEALTH CLEARANCE:

Nurse Approval \_\_\_\_\_ Last physical \_\_\_\_\_

Varsity Cross Country 2019 (grades 6th-8th)