

PERMISSION FORM LETTER: CROSS COUNTRY TEAM 2021

TEAM: All 4th to 8th grade boys or girls are automatically eligible for the Cross Country team unless they are ineligible based on the Athletic Code signed by the student and parent at the beginning of the year.

COACH: Mr. Bill Gillmore, Mrs. Marie Nicholson, Mrs. Bridget Lindau

PRACTICE TIMES: Monday and Wednesday from 5:15- 6:15 at Palmer Park (between the wading pool and tennis courts). As the season progresses, coach may decide to shorten or lengthen the practices. If he does this, you will be notified. By signing the permission form below, you are also giving your child permission to attend these off campus practices.

PRACTICE INFO: All practices will start at Palmer Park. However, there may be some nights when the coach will have the athletes run off the park grounds. By giving permission for your child to participate in Cross Country, you also are allowing your child to run off the Palmer Park grounds. If they do run off site, they will return by 6:15. **On some nights, coach may want to hold practices at the sites of any local meets (for that particular week. Check InstaTeam for details.**

MEETS: Please see the attached schedule for days, locations, grades involved, and times. For some meets, runners may be dismissed early. Early dismissal info can be found on the athletic webpage. Please let the coaches know if you can drive to these meets. Also, help is needed for the Flames Meet. Please visit the athletic webpage for a link to sign up to help.

INSTATEAM: An invitation to join is attached to this permission slip. This app will keep you up to date on any potential changes to the schedule. Parents are **required** to join, but feel free to share this invite with other family members as well.

NEED FOR PRACTICE: Good running shoes, clothes to practice in, water bottle, sweatpants and shirt if the weather is cold.

HOMEWORK/RESPECT: We expect all student athletes to complete their homework daily and show respect for their teachers and classmates. If you need extra help in any subject, talk to your parents and teacher. They will be happy to help. As for respect, a good rule to follow is: "Always Encourage, Never Discourage."

HEALTH: During the meets, the distances run will vary from event to event. The runners will be trained and prepared for the varying lengths of races. However, they should do some running on their own to help them prepare for each meet. Problems do arise when students do not practice and then try to compete without sufficient cardiovascular preparation. If your child has a heart condition or asthma, you doctor should be the one to decide if it is serious enough to deny participation.

CODE VIOLATIONS: The season begins Sept. 1st. Any violations of the Athletic Code signed by the student athlete and parent will affect participation in Cross Country beginning on that date and ending with the last meet of the season.

Please return to Mr. Fenrick by Sept. 1st

I request that my child, _____, be allowed to be a member of the Cross Country Team this season. I realize that he/she will have practices from 5:15-6:15 on Monday and Wednesday at Palmer Park and give my permission for my child to attend these practices and run with the team if they leave the park. I also realize that this includes permission to attend all scheduled meets unless there is a valid excuse for missing them. I will support the program in any way that I can and encourage my child to show the proper attitude and effort. I will not hold St. Paul's Lutheran School responsible for personal injury to my child during or while en route to or from practices or games.

Parent's Signature: _____ Date: _____ Phone #: _____

_____ (Check here): I understand that I will be billed the athletic fee of \$25.00 through Smart Tuition. I understand that this fee must be paid in order for my child to participate.