

CROSS COUNTRY REGISTRATION

ALL STUDENTS ENTERING 5TH THRU 8TH GRADES IN THE 2010-2011 SCHOOL YEAR, WHO ARE INTERESTED IN BEING PART OF THE CROSS COUNTRY TEAM, PLEASE FILL OUT THE BOTTOM PORTION OF THIS FORM AND RETURN IT TO THE SCHOOL OR CHURCH OFFICE.

CROSS COUNTRY FEES \$50.00 REGISTRATION FEE AND \$35.00 UNIFORM DEPOSIT CHECK (uniform check will not be cashed unless uniform is not returned)

Checks made payable to: ST. ANN ATHLETICS
DEAD LINE MAY 28th 2010

****PHYSICALS FOR NEXT YEAR HAVE TO BE DATED AFTER JUNE 1ST 2010****

Sport Information:

- No prior Cross Country experience is needed. Just desire to run, learn, & try their best.
- The girls and boys teams practice at the same location for the convenience of the parents.
- Cross Country meet distances are 2 miles for 7/8 graders and 1 mile for 5/6 graders.
- The meets traditionally occur on Tuesdays starting at 5pm during September and October.
- Practices begin in August. 2-3 times per week - Tues. & Thurs. evenings & Saturday AM.
- Conditioning workouts begin in mid-July - open to all sports - most likely at Shelby Farms.
- We have an experienced coaching team, and the parents have become part of the effort. Starting their own walking and running programs while the team has their workout.
- CC runners can also register for soccer at St. Ann provided that they can get to the meets.
- For further information call Mark McCurdy at 388-3628 or Steve Cooper at 385-2270.

Return by May 28th 2010

DEPOSIT CHECK # _____

CROSS COUNTRY 2010-2011

STUDENT NAME _____ GRADE ____ in 2010/2011 SCHOOL YEAR

PHONE NUMBER _____ Parent Cell #'s _____

PARENT'S NAMES _____

ADDRESS _____ E MAIL _____

UNIFORM SIZES: SHIRT _____ SHORTS _____

If interested in coaching, please fill out the following:

Name _____ home and work #'s _____

E mail _____

Virtus training date _____ Background check completed (yes ___ no ___)