

## **Participation in Cross Country is subject to the Assumption Co-Curricular Policy.**

According to Co-curricular Policy in order to participate for the following week the student must have a C- or better and no behavior slips. The Assumption co-curricular policy will be strictly adhered without exception.

- If a student is absent from school, the student does not participate that day.
- A student must practice 3 times before each meet in order to participate (after the prerequisite 10).
- A student who is ineligible for 6 practices, 2 meets, and/or 2 consecutive weeks will no longer be welcome on the team.
- All Sport Activities will follow Whatcom County Rules.
- **A pre-participation physical is required.**
- All team members must stay under supervision by coaches/parents when dropped-off and picked-up. **All team members are to be picked up on time. Team members are not to wait on the school grounds previous to practice. They can register with the Extended Day program.**

I/We am/are aware of the risks involved in this Co-curricular activity. My/Our child is physically fit to participate. I/We understand that Assumption Catholic School provides NO medical coverage for accidental injury.

We have read and understand the conditions and requirements above.

Parent/Guardian Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# **Assumption Catholic School**

## **7th & 8th Cross Country 2010**

### **Sign up NOW! Due: August 26, 2010**



## Middle School Cross Country Sign Up

**Attention:** 7th & 8th Grade Students and Parents

Cross Country is designed for 7th & 8th grade students. We will emphasize good sportsmanship, dedication to performance improvement, team effort, personal & spiritual development and FUN!

Our program this year will include:

- Boys and girls team
- Practices begin August 31 @ 2:45 with an informational meeting followed by first run.
- Need 10 practices prior to meet participation
- Season ends at the end of October
- Meet Schedule will be passed out at practice as soon as available.
- Practices are every day, at Cornwall Park, Whatcom Falls Park or Civic Field. Meet at gym after school, pick up is at gym at 4:00
- **The student must be able to run 2 miles at a time with no break and at least a 13 minute 1.5 mile!**
- *Participation is limited to 20 athletes*

***Any questions please call:***

Coach Costanza

733-6133 or

Email: [mcostnza@school.assumption.org](mailto:mcostnza@school.assumption.org)

## Assumption Cross Country Enrollment Form

Fill out and return with the check  
(made out to *Assumption PTC*) by August 26

Grade Level: (circle one)

Girls 7th    Girls 8th    Boys 7th    Boys 8th

Payment (non-refundable):                      \$45 per student

Student Name: (print)

Parents/Guardian: \_\_\_\_\_

Phone/Home: \_\_\_\_\_ Work: \_\_\_\_\_

Person(s) to contact in the event you cannot be reached in an emergency.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

List any medical conditions the coach should know about (asthma, etc.) \_\_\_\_\_

Parent Volunteers:

I am willing to help with being a Cornwall Park support vehicle.

Name \_\_\_\_\_

Phone \_\_\_\_\_