

# Wea Ridge Cross Country

They run for punishment... We run for fun!!



## Information

- **CAN YOU RUN 2 MILES AT A TIME WITHOUT WALKING...???**
- The McCutcheon Cross Country coaches are currently looking for all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade runners who are interested in running **COMPETITIVELY**.
- Practices will **typically** be held 4 days a week from 2:40p.m. to approximately 4:00p.m. at Wea Ridge Middle School.
- Runners will participate in 7 or 8 meets during the season. (A schedule will be handed out once the meets have been finalized.)
- The cost is **\$45 dollars per runner**. This includes a Wea Ridge Cross Country t-shirt and the entry fees to the meets.
- Practice will begin **Monday, August 21<sup>st</sup>** after school and will run approximately 8 weeks. Plan to meet in Mr. Cox's classroom (room 611) after school each day.
- You **must** have the slip below filled out by a parent/guardian to practice.
- You **must** wear a pair of suitable running shoes, shorts, and a t-shirt. (TANK TOPS WILL NOT BE ACCEPTABLE)

Please contact Mr. Cox by email at [jacox@tsc.k12.in.us](mailto:jacox@tsc.k12.in.us) if you have questions!

The form below will be required in order to participate.

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### Parent/Guardian Release Form

Student's grade: \_\_\_\_\_

I, \_\_\_\_\_, give my child, \_\_\_\_\_, permission to join the Wea Ridge Cross Country team. I understand that this is not just an exercise program and he/she will be **committing** to the program by running **COMPETITIVELY**. I understand that every practice will be after school 4 days a week from 2:40p.m. to approximately 4:00p.m.. I understand that I will have to provide transportation for my child after each practice and for meets. **I understand that no physical is required to participate in a club sport and will take full responsibility if an injury may occur.**

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

\*\*\*Runner's T-Shirt Size:

(Youth L)\_\_\_\_ (Adult S)\_\_\_\_ (Adult M)\_\_\_\_ (Adult L)\_\_\_\_ (AdultXL)\_\_\_\_

\*\*\*Parent T-Shirt Order (Optional / Extra \$15.00):

(Adult S)\_\_\_\_ (Adult M)\_\_\_\_ (Adult L)\_\_\_\_ (Adult XL)\_\_\_\_ **(Make checks payable to: Wea Valley Cross Country Club or (WVCCC))**

