

TO: Parents of cross-country participants

RE: Requirements to participate

Date: 30 August 11

Your son/daughter has signed up to participate in Assumption School's cross-country team. This is the ninth year of our program. The team will be coached by Mr. Michael McGrath, the 8<sup>th</sup> Grade teacher. In order to participate in any sports program your child must have a copy of a current physical (within 13 months) on file at the school. Current physical needs to be within the past year. Your child must also have your written permission on the form below. There is also a \$ 30.00 participation fee which includes the cost of the team jersey. No one will be allowed to practice or compete without medical form, permission slip, and fee paid on file. We will also need drivers and volunteers to help at the meets. If you are able to drive, please fill out bottom part of the permission slip.

\*\*\*\*\* Please sign and return as soon as possible \*\*\*\* \*

I/We. The parents of \_\_\_\_\_ Grade \_\_\_\_\_  
request that the school allow my/our daughter/son to participate in the cross-country program 2011.

I/We hereby release and save harmless Assumption School and any and all of its employees/volunteers from any and all liability for any and all harm arising to my/our daughter/son as a result of participating in cross-country.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I am willing to drive students to and from practice and meets. \_\_\_\_\_

How many students can you drive? \_\_\_\_\_

Have you met CORI and Safe Environment Workshop requirements? \_\_\_\_\_