

# 2018 Cross Country team

Cross Country is open to all **5th - 8th grade students**. The season begins August 27 and ends in October. **This form MUST be turned into the office by August 24th with and updated Sports Physical.** We need to be prepared for any medical needs during tryouts, so these forms have to be turned in.

Practice will be held during the week, Monday, Tuesday, Thursday and Friday on campus **3:45 pm - 4:45 pm**. Meets are held on the dates listed below. Our coaches are Mr. Rothlauf and Mr. Coonan. Uniform tops are provided and families must supply black shorts and running shoes. You are responsible for getting your child to practices, and to and from meets. Parents can arrange carpools. Please fill out the bottom portion of this letter and turn it in by **August 24th**.

## Cross Country Schedule - All meets are at 4:00 (unless noted)

Wednesday, September 5th	Lakes Euro Challenge
Thursday, September 6th	Park Middle school
Monday, September 10th	Gavin South
Wednesday, September 12th	Millburn Middle School (4:30 pm)
Monday, September 17th	Millburn Middle School (4:30 pm)
Tuesday, Sept 18th	Park Middle School
Wednesday, September 19th	Millburn Middle School (4:30 pm)
Monday, September 24th	Millburn Middle School (4:30 pm)
Monday, Oct 1	Gavin South

### Conference Meet

Wed, September 26 At Park

### XC Sectional Meet

TBD

### XC State Meet

TBD Normal IL

**The fee for cross country is \$125 and will need to be turned into the office by August 18th. Make checks payable to PCCS.**

(please return this portion)

I \_\_\_\_\_ (**student name**) want to participate on the PCCS Hawks Cross Country team in the fall of 2018. I understand that I will be given a commitment letter explaining rules and sportsmanlike conduct that I will sign before the first game.

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

\_\_\_\_\_  
Parent Signature

Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_

**The coach will need to be in contact with you regarding team information. Please write an email address that you (the parent) can be reached at:**

Email: \_\_\_\_\_